TELOS

The Call Goes Out

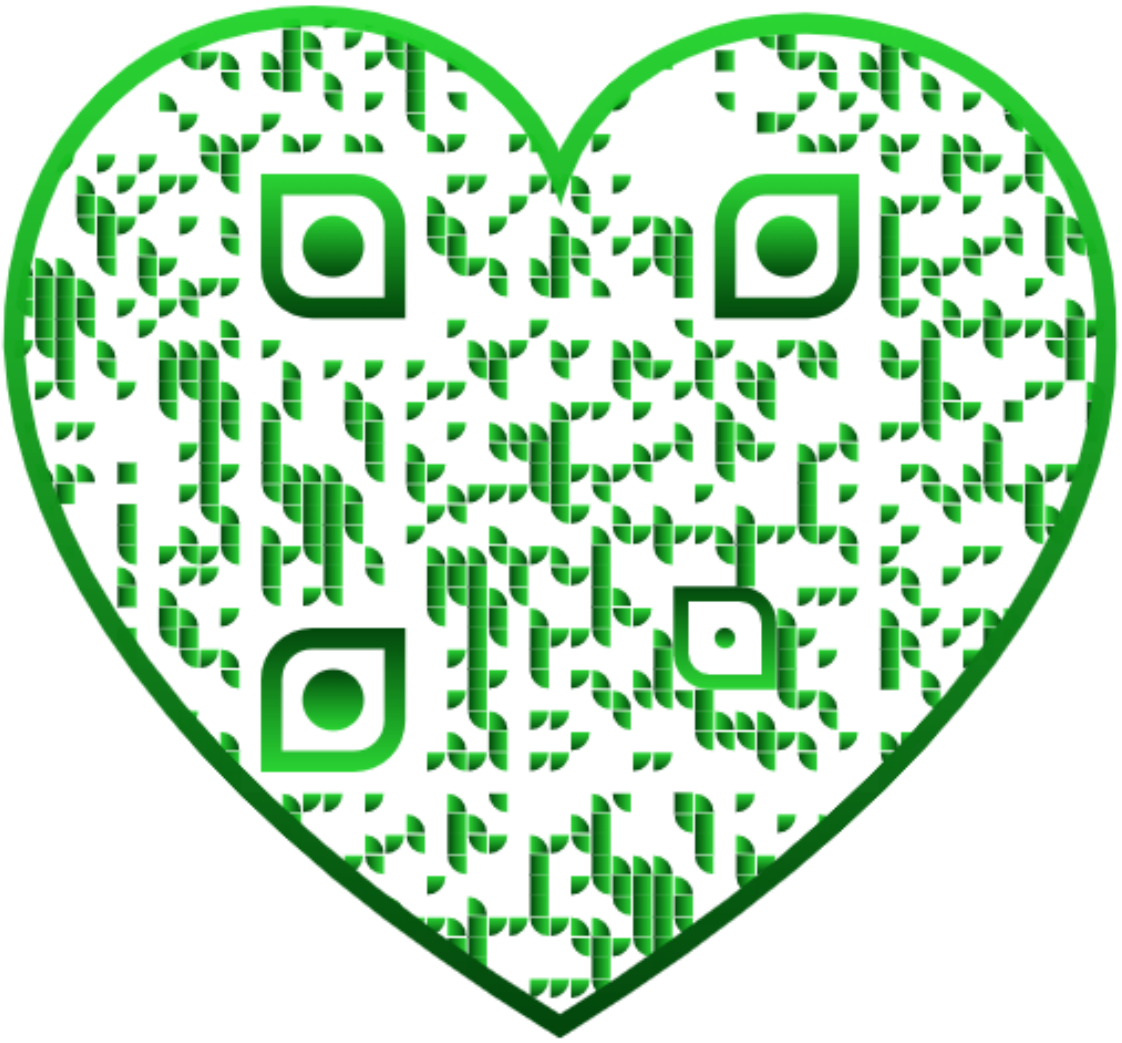
from

THE HOLLOW EARTH

and the

UNDERGROUND CITIES

Dianne Robbins



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Part One
Beginnings

1. Welcome

Welcome from the Hollow Earth

(Mikos, through Suzanne Mattes)

What you hold in your hands is no less than a collective miracle between WE of the Subterranean Community and the author of this book. It is a miracle of love, dedication, and heart-felt desire between kinsman and family. I am privileged and honored to be able to come forward to present this collaborative effort on behalf of Telos and those of us who dwell beneath the surface on this beautiful planet which you call Earth.

My name is ***Mikos,*** and I am a resident of the city of Catharia. I am a Catharian from the Library of Porthologos, located in the HOLLOW EARTH beneath the Aegean Sea. This communiqué is in honor of the publication of the messages from our sister-colony, TELOS.

Our sister city, Telos, has established a long-term link with those of you from the surface. Many of the residents from Telos live and work among you, just as we do — and have done so for a very long time. How very precious is the bond of hearts in the miracle of love!

Each time a noteworthy archeological trek uncovers a part

of that which you call your planetary history, WE of the Subterranean Colonies rejoice in knowing that you are remembering a time when many of us regularly and openly lived among you. Each time you realize that all things are interconnected, from the tiniest element of dirt beneath your feet, to the smallest of life forms within the oceans, to the great expanse of the heavens above you that twinkle with billions of stars, we celebrate.

You as surface dwellers frequently believe you are alone, but you are not. We are not only with you, we are like you. Yet do not assume that everyone who shares this place with you looks like you, or represents your cultures, or supports your sciences, religions, and politics. We kindly let this misconception pass silently among the greater numbers of you, as we do not wish to add yet another shake-up to your people, and create a larger span of place and time between us through the perception of our differences.

Each time you forget to be kind to yourself and each other, each time you fight and are hostile and angry, we send more love to you and this planet so that all may live in harmony despite the unique abilities of physical appearance, location and lifestyle.

For us to be with you, in heart and mind, is the greatest gift and honor we may have, now and forever. WE, of the Subterranean World, welcome this bridge we are able to create between your society and ours. All life, and all existence, depends upon this bridge.

Celebrate now with each other, and with us, as you read the messages presented within these pages. They represent the past, the present, and the future — a future highly possible for your children and ours. With much love, respect, and joy, we open the bridge and the doors to the One United Earth-World Colonies for Earth.

A Word from the Author

Having spent most of my lifetime feeling out of sync with the rest of society, I began to meditate in 1989 when I was 50 years old. I had taught school for many years, and even with all my degrees and all my education, I still couldn't make sense of my life on Earth until I connected with my Twin Flame and began receiving inner guidance. Along with this ultimate connection came the remembrance of who "I AM" and why I am here.

It was a few years after this that I "found" a newsletter written by Sharula Dux, who came to the surface of the third dimensional plane from Telos, an underground city inside of Mt. Shasta. She was born in 1725, and presently lives in Santa Fe, NM with her husband.

In Sharula's newsletter, she wrote about the Subterranean Cities beneath the Earth's surface, and told about life in Telos. She wrote that Adama was an Ascended Master and the High Priest of Telos. Upon my seeing the name "Adama", I couldn't stop wondering about him. One day I was sitting in meditation thinking about Adama, with my pen and notebook by my side, when I suddenly felt a burst of loving and gentle energy go right through me, almost lifting me up into the air. I then heard the words, "I AM Adama, speaking to you from Telos."

You see, *our thoughts go out into the Universe and instantly connect us to whomever we think about*. So at the moment I thought about Adama, He received my thought and responded. Our thoughts are Light, and this Language of Light is the universal language which operates from within us at the sub-atomic level, through all frequencies, dimensions, time and space. Wherever our attention is, our consciousness goes. Adama ***felt*** my frequency and resonated to it. I then ***felt*** his response through the Language

of Light, and my brain translated his frequency into thought, images and words.

For me, this was quite a simple process. I was just the receiver, recording the words as they came. My mind was entirely out of the way, neither analyzing nor evaluating nor judging the content of the message.

We each have our own distinct frequency band which identifies us to anyone in the Universe. This is our "signature", so to speak. All we need to do is think a thought, and it arrives at its destination. This Living Light Language communes between all things, from the sub-atomic to the intergalactic, and connects all of life, everywhere.

Remember, We Are All One. When you think about an Ascended Being like Adama, know that He is instantly aware of your thoughts, and responds immediately. You just have to clear the air waves so you can hear his reply. That is the key.

Adama began to dictate messages to me at scheduled appointment times, and I would write them word-for-word in a spiral notebook. These dictations are still continuing, and I have been guided to compile the messages and have them published. I now understand that as LAILEL (my Star name), I have worked with Adama in past ages, and have lived many lifetimes in Telos and in Lemuria.

A Word About Telos

Telos, a Lemurian colony under Mt. Shasta in northern California, is a city of Light governed by a council of 12 Ascended Masters and its High Priest, Adama. The name Telos means "communication with spirit".

The citizens of Telos, formerly of Lemuria, are working

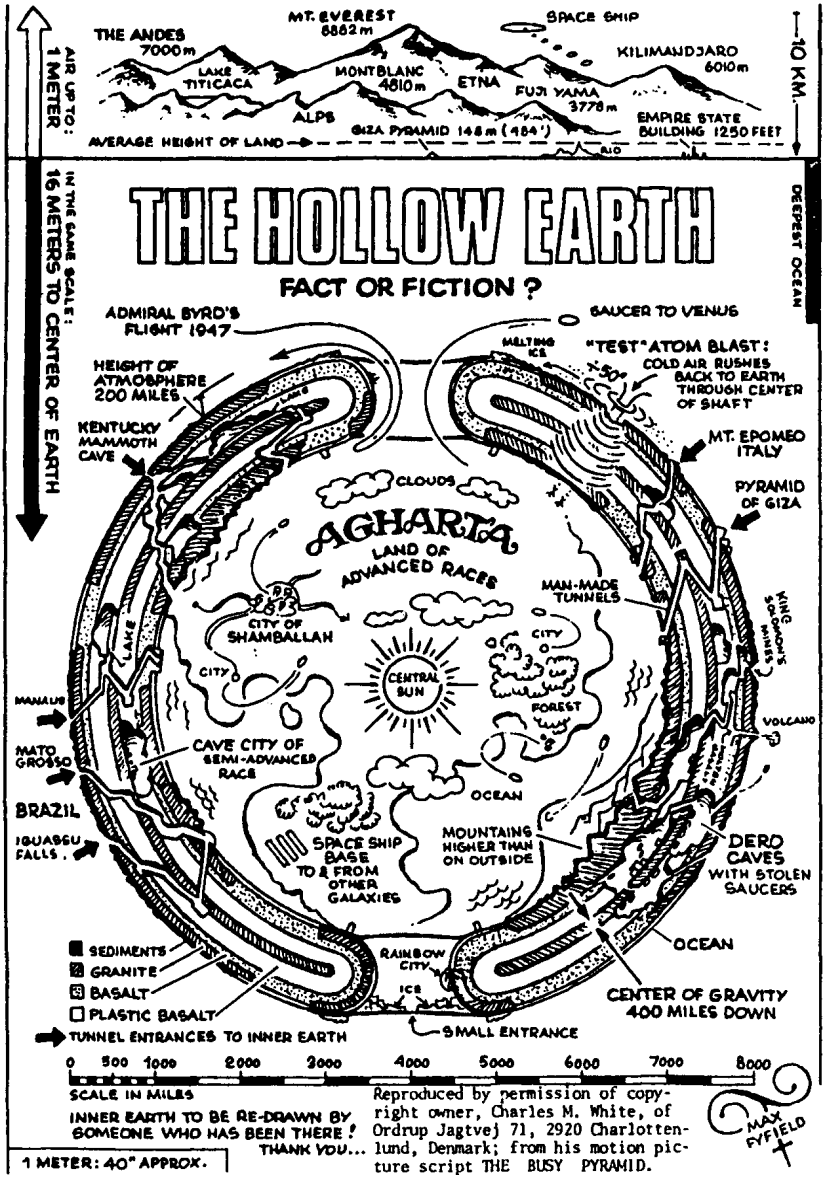
toward the Ascension. They can astral project to any location, and can telecommunicate to anyone in any locality of time and space. In Adama's messages of empowerment, he tells us of our goal: *"to become a Spiritual Warrior, one who acknowledges the Light within, and to reunite humanity into ONE human family. For once humanity feels God's Love directly from within, all will be able to understand their purpose for being here on Earth, and will cease to feel the separation of their soul from God's Light."*

All planets are Hollow, and are inhabited by human life of one vibration or another. The Sun is also Hollow, and is not hot, but cold. Our Earth is Hollow, and contains an Inner Central Sun.

The governing city within the Inner Earth is called Shamballa. It is located inside the very center of the planet, and can be accessed through holes at either the North or South pole of this planet. The northern and southern lights that we see in our skies are actually reflections of Earth's Inner Central Sun, emanating from her hollow core.

There are over 120 subterranean cities located within the Earth's crust. These Cities of Light are not far beneath the Earth's surface. As a grouping, these cities are called the Agartha Network. The INNER EARTH BEINGS are highly evolved beings living on the interior surface of the Hollow Earth. They are mostly ascended souls who have chosen to continue their evolution in the Earth's inner recesses because of the perfection of conditions existing there.

Although Atlantis and Lemuria have become myths on the surface, the people from Atlantis and Lemuria are flourishing in their underground cities. The people within these colonies are people just like you and me, who are living in the Third Dimension, just as we are.



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Our Milky Way Galaxy is divided into 12 sectors. Our solar system is located in Sector Nine, and this sector contains hundreds of other solar systems. The Ashtar Command, also known as the Galactic Command, is composed of millions of starships and volunteers from many star systems and dimensions in our

galaxy. The Galactic Command is part of the Confederation of Planets, and protects this sector of the Milky Way Galaxy. Their purpose is to assist Earth through this current cycle of planetary Ascension. My twin flame is a member of the Galactic Command, and he guides me in my work of reuniting, through awareness and communication, Earth's civilizations—both above and below the surface.

Ashtar is the Confederation of Planets commander for our sector. The Silver Fleet oversees our solar system, and has its spaceport inside of Mt. Shasta. Anton, who is from Telos, is the name of the commander of the Silver Fleet. It is primarily the people from the Subterranean Cities who serve on the Silver Fleet.

Welcome from Confederation of Planets

"*Know who you are. Know you are on a great galactic mission. Know we all travel beside you as one.*"

Welcome from Adama

"*Greetings from Telos!* We have been telecommunicating with Dianne, giving her messages to publish on our behalf. We urge you to read the messages in our book, for its purpose is to Awaken you to our Existence, to bring to your Awareness the full consciousness of the Cetaceans, and to Sound the Call to Awaken to the world around you."

"We had journeyed far
to reach our goal in consciousness,
and had to go into the depths of the Earth
to find the true peace we were looking for.
Telos is our home, our haven,
and we don't want to leave it,
not for very long at least."

"Travel with us, on the Divine path to God,
acknowledging your Divinity
every step of the way,
as we step together,
One step from Below
and One step from Above,
in the Divine walk through life,
meeting as One in the Stars."

A Note About the Revised Edition

This book is an expanded edition of the original work, and includes messages that were received as recently as June of 2000. Most of them were transmitted to me telepathically by Adama. (The additional contributors are noted in the Table of Contents.) Many of the messages were received in response to questions that people sent to me, and they cover a wide range of topics.

At times, Adama spoke to me on behalf of others from Telos who were with him. I have also included messages received from El Morya, the Inner Earth Beings, Mikos of the Hollow Earth, and Galactic Command. The messages continue, and I am planning to release another volume. If you have messages to contribute, or if you wish to contact me for any reason, write me at:

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2. Our Lemurian Past

Greetings from Telos! I am Adama, Ascended Master and High Priest of Telos, a subterranean city beneath Mt. Shasta in California. I am dictating this message to you from my home beneath the Earth, where over a million and a half of us live in perpetual peace and prosperity.

We are human and physical just like you, except for the fact that our mass consciousness holds thoughts of only Immortality and Perfect Health. Therefore, we can live hundreds and even thousands of years in the same body. I, myself, have been in the same body now for over 600 years.

We came here from Lemuria over 12,000 years ago, before a thermonuclear war took place that destroyed the Earth's surface. We faced such hardships and calamities above ground, that we decided to continue our evolution underground. We appealed to the Spiritual Hierarchy of the planet for permission to renovate the already existing cavern inside Mt. Shasta, and prepare it for the time when we would need to evacuate our homes above ground.

When the war was to begin, we were warned by the Spiritual Hierarchy to begin our evacuation to this underground cavern by going through the vast tunnel system that's spread throughout the planet. We had hoped to save all our Lemurian people, but there was only time to save 25,000 souls. The remainder of our race perished in the blast.

For the past 12,000 years, we have been able to rapidly evolve in consciousness, due to our isolation from the marauding bands of extraterrestrials and other hostile races that prey on the surface population. The surface population has been experiencing great leaps of consciousness, in preparation for

humanity to move through the Photon Belt. It is for this reason that we have begun to contact surface dwellers to make our existence known. For in order for the Earth and humanity to continue to ascend in consciousness, the whole planet must be united and merged into ONE Light from below and ONE Light from above.

It is for this reason that we are contacting you; to make you aware of our underground existence so you can bring the fact of our existence to the attention of our fellow brothers and sisters above ground. Our book of channeled messages is written to humanity in hopes that they will recognize and receive us when we emerge from our homes beneath the ground, and merge with them on the surface in the not too distant future. We will be grateful to you for the part you play in helping us broadcast the reality of our existence.

Q: How old are you now?

I am from Lemuria, an ancient civilization. At the time of Lemuria's height, I was an Initiate in the Temples that were prominent at that time. After the destruction of Lemuria by Atlantis, I went underground with thousands of others, to establish Telos.

I am no different from you, although I am hundreds of years old by now. So, I have had the benefit of many lifetimes all woven into ONE. This has given me great insight and great wisdom, which most people don't begin to gather until the end of their short life span.

Living so many years definitely has its benefits. For me, I can astral project to anywhere I desire. I can also telecommunicate to anyone in any locality of time and space. These are all things that everyone in Telos can do because we've had the benefit of lifetimes of practice. So I am not so different, just more experienced in how to use life's opportunities.

Q: How did your Justice System evolve?

We are here with you in great numbers, over 25 million in all, from all the Subterranean Cities of Light. We are all unified into one great network of Light, called the Agartha Network. This network is vast in its scope, and is responsible for our safety under the Earth. We attend great conferences, convening under the Earth, where our laws are discussed and weighed in the Light of God's Divine Code of Ethics for the Earth. We are a self-regulating "government", formed on the basis of Justice and Equality for all life, whether under or upon the Earth's surface. All cases are weighed individually according to their specific circumstances, and all are judged by God's Light and God's Divine Code of Ethics so that all parties receive the greatest justice, and so that all parties benefit.

Our justice system is millions of years old, based on the original Lemurian system that was used when we lived on the surface in homes and communities similar to yours. We took this form of democracy with us when we decided to go underground 12,000 years ago. Our knowledge is vast, since our lives are long. We still have people alive who are 20,000–30,000 years old, and who, because of their lengthy age spans, remember "all that was" when we lived on the surface. These souls are wise indeed, for they have conscious access to all accumulated knowledge from that time forward. This is one of the ways we keep our laws pure, for we have the Divine Standard of God to base them on from the past. This was a time when we had reached glorious heights of evolvement.

Fortunately for us, we have been undisturbed beneath the Earth to carry on our evolution in peace and prosperity. Because of this, our evolution on all levels keeps increasing as the years go on. Someday soon, you, too, will be in the position of

experiencing life in the peaceful and prosperous way it was meant to be lived. Then you, too, can gain in strength and wisdom, and evolve into the God Beings that you are.

All life needs peace for evolvement to take place. Without peace, species just struggle for survival, and never have "time" to add to the strength and wisdom that they have accumulated. So peace is a necessary factor for evolvement, and evolvement is a necessary factor for the continuation of a species.

All your brothers and sisters are here with you now; albeit, they are still in the higher dimensions, but they are here monitoring and protecting your planet. They are here to guide you on your path of evolvement to the Stars. So look to us, all of us who are here with you, whether from above or below, and call to us for strength and guidance. For we are all here for you, so that all of us, together, will find our way back home into the higher dimensions of Light.

Q: Did the Lemurians know of Atlantis' plan for their demise?

Yes; however, we were cautioned by the Spiritual Hierarchy not to intercept or provoke a war because of the severe consequences to the Earth. So we waited and prayed, and made plans to evacuate ourselves to the underground caverns. This we did, and were able to save 25,000 souls. Atlantis did destroy itself in the end. We of Lemuria survive and flourish underground.

Q: Why didn't the Lemurians return to the surface instead of remaining underground?

Know that we no longer cared to live on the surface because the firmament had been destroyed. We realized we could evolve more rapidly underground, where we were protected from

the harsh elements and from marauding bands from other star systems. So we chose to remain beneath ground; wouldn't you? We chose to remain underground because of the ravages of the surface weather and hostile climate. We have built a utopia underground, where we are free to evolve. You, too, will experience this utopia soon.

Q: Why move into Mt. Shasta, when there was the whole Inner Earth, with oceans and mountains, where you could have lived?

Know that in those days, the Earth was propagated with many Beings from outer space who came and went through the Inner Earth. It was felt by the Lemurians that we wouldn't have our "privacy", so to speak, if we inhabited the cities in the Inner Earth. We needed our own space to develop and carry on the Lemurian culture without interference from other cultures — and especially without interference from roving bands of renegades from outer space.

Although the Subterranean Cities are confined and restraining, for us they serve as a great protective barrier. Their limitation is our protection, and has allowed us to flourish these past 12,000 years without any interference at all. Mt. Shasta has been our "bubble" of protection, and provided us with the privacy to grow into our evolved race of Superior Beings, while still being able to remain on Earth. Notice the fragmentation and division that occurs in your cultures that are situated on the surface. They are open to all sorts of invasions, and not just military. Your whole surface society has been vulnerable to the whims and fancies of surrounding cultures; and whatever evolvement there has been, has crumbled due to the encroachment of others.

Therefore, in light of all this, our confinement has served

an evolutionary purpose, enabling us to strive for and reach heights of accomplishment that we would never have been able to obtain had we remained on the surface or moved into the Inner Earth.

There were so many factors involved in our decision. Our survival was primary as to why we chose to protect ourselves on all sides by moving into Mt. Shasta. This has proven, beyond a doubt, to have been a wise choice, since we've been totally free to evolve into the Spiritual Warriors of Light that we now are. Someday soon, you, too, on the surface, will have the freedom and protective environment necessary to allow you to evolve into the Light Beings that you are. That is what the Ascension is all about.

3. Our Galactic Connection

You on the surface are situated ABOVE us, and BELOW the Galactic Command. You are receiving Light from above and below. You are between two great Forces of Light. We here in Telos watch over your surface population very carefully, monitoring your movements and reporting back to our councils. We know all that occurs on the Earth's surface.

We embrace the light as it dawns each day, and bless the darkness as it descends on our homes. We bless all of life's activities. We bless this great planet and all its life forms.

We are grateful to be a part of this grand experiment. We are grateful to be a part of the Earth's great training ground, where we are all being schooled in life's evolutionary process. Someday soon, we anticipate your journeying forth to visit us here in Telos, and we anticipate our emergence onto the surface, also. We await this time. We pray for this time when we can be reunited with our brothers and sisters again.

Know that in Telos, we see the light in all its diversity, and we use the light's energy to travel in our astral bodies. We use light in all its ramifications to create and develop our civilization underground. For although it may appear dark to you, in reality the underground is quite lit up! Even the tunnel passages glow softly with our crystal light technology.

When we're underground, we are aware of all that takes place in the Universe. We are connected to all star systems in our galaxy via our computer lines, similar to your world wide web network. We have a world-wide star network that connects all solar systems in our galaxy. We know what star systems all our brothers and sisters are located in, and know their current

state of evolution by tuning into them on our computers. We know all our past lives through our computers, which register all pertinent information through all lifetimes. Our computers are privy to the Akashic Records, and they convert them into readable data.

Once we merge with your surface population, we will bring our computer network system to link you up to the Universe. Then you, too, can study your past lives, and learn and understand the reasons so many things seem to happen to you in this lifetime. Knowing the past explains the present, and enlightens the future.

Q: Why have our subterranean brothers and sisters abandoned us all these thousands of years and not come to our aid?

I will explain the position we hold here in the subterranean cities. We came here to evolve unencumbered by negativity. We chose to remain silent because we have seen and experienced the bands of marauders from other star systems, and we wished to be isolated from this so that we could evolve more quickly. We chose our present environment for just that reason. We did not want to expose ourselves to the negativity on the surface.

Ours was an experiment, too. An experiment to see how much and how far we could evolve if we were isolated from war and poverty. Coming to the surface, and intermingling with you, would defeat our existence underground. We would then be bringing these negative energies back underground with us, only to infiltrate our subterranean system. Do you understand this?

Even if we did surface and bring you our teachings and technologies before now, it would have been in vain. For your mass consciousness was not ready, and would have rejected our teachings, and us, as being from the devil. Know that we could not

come to your aid because we, ourselves, would have been destroyed by exposing ourselves to the surface population. So therefore, we remained in the subterranean cities; waiting for the time when the mass consciousness could safely accept our teachings, our technologies, and us. Now that the Lightworkers have awakened, and the general population is becoming more aware and more sensitive to the Earth, we can safely bring everything to the surface that we've been guarding for centuries.

We have had enough wars and strife, and we needed to just concentrate on our spiritual growth, and hold the Light securely in place for the planet. We felt this was the best thing we could do, considering the conditions on the surface. Do you understand, now, the reason for our isolation and silence? We did it for our own protection and for yours. Had we not, our home, and teachings, and lives might have been destroyed by now if we had ventured forth to help a sleeping humanity.

We know the dark forces have invaded the surface, and are carrying out abductions underground. We know all that occurs on, and in, the planet. But had we exposed ourselves, we would have been victims, too; leaving no one to guard our teachings and technologies or to carry the Light.

We grasp the seriousness and depth of your concern regarding this issue, and we wish it could have been otherwise. We wish we could have been on the surface helping you and protecting you. But because of the circumstances, it would have been very unwise to do so. Now that the mass consciousness and energies on the planet are changing, we can (very soon) come to the surface and merge with the Lightworkers for the final stages leading to the Ascension.

We are here to bring you glad tidings of the forthcoming waves of Ascension that are soon to hit your Earth's surface.

These waves are being generated from the Creative Force of the Universe, and are in unison with God's Divine Plan for the Earth. You are all receiving higher levels of energy, and your bodies are adapting to these higher wavelengths of frequency. Soon a great wave of energy will descend on your Earth's surface, bringing all life forms into a higher level of consciousness.

We, here in Telos, patiently await this time of increased energy. For it is this elevated consciousness, on your part, that will allow us to surface. There is a Divine Timing involved here, a Divine Time Frame, so to speak, that will allow us to emerge from our protection under the Earth's surface. For until now, we have been Divinely protected in our homes beneath the Earth's crust. We await the directive from the Galactic Command that will put our plan of full emergence into effect. This way, we will be fully protected when we do surface and contact you above ground in our physical third dimensional forms.

Part Two
Mission of Assistance

4. Our Merging Civilizations

First Message Received from Adama

Greetings, my Brothers and Sisters of Light! I am Adama, High Priest of Telos, and I am here to bring you greetings from your fellow citizens who dwell in Telos — your fellow brothers and sisters of Light, who are here working toward the Ascension just as you are. Know that we do indeed exist, and many of us have already surfaced.

We invite you to converse with us telepathically, ***for the merging of our two great civilizations is imminent and necessary for the ascension of the whole planet.*** You can ask to come to Telos before you go to sleep at night. You can call on Adama to receive you. This is all very exciting, for we have waited a long period of time to contact you on the surface. Now is the time, for the Earth is changing rapidly, and great cataclysms are in store for the surface. You will need to stay very grounded, very centered in your Being, and you will need to call on your Mighty I AM Presence to fill you, to stabilize you, and to connect you to the Earth, where you are holding the Light.

I thank you for making this connection with me, and for inviting me to speak to your group. I will be most happy to speak

whenever you wish, whenever you call upon me, for I am here to serve along with you. Blessings; I send you blessings and greetings from Telos. *I am Adama.*

An Update on Our Emergence Plan

(Adama, through Aurelia Louise Jones)

It is my great pleasure to communicate with you at this time to remind you of our love for all of you, and to give you a little update on our emergence plan.

We in Telos are noticing with much delight the rapid changes that are occurring within the spiritual grids of our planet. We also perceive the amazing awakening that is taking place within the consciousness of humanity. Dear ones, as much as you may not yet see the full picture of this wondrous progress from where you stand, we in Telos have the necessary technology to be able to not only see this progress, but to make daily graphs of it on our amino acid computers. We can chart the progress made by mankind day by day in any area of your surface.

Each day we notice more people awakening to their divine purpose and mission, the very fact that there are so many of humanity that are now awakening to a better understanding of their Divine Nature. We also know that this awakening is no longer reversible, and your victory is assured. It is only a question of how many Earth-years it will take to reach critical mass. We can honestly tell you that it is happening even faster than ever expected by the Spiritual Hierarchy of our planet.

We in Telos, and all your brothers and sisters of the Earth Within, which is a very vast empire of many civilizations, are watching this expansion of consciousness with great joy and anticipation. We are supporting you with our Love and our Light. We are almost like children who are counting the number of

days before Christmas; the "Christmas" of our uniting in Love and Brotherhood as one big Earth family. We are watching with delight and wonder the awakening taking place each day, and we know that the time for the uniting of our two civilizations is finally coming very close, after so many years and centuries of physical separation.

The moment of our emergence to the surface will be a time of love and great rejoicing for the many, particularly for those who are consciously aware of our presence within the Earth and have such a yearning in their hearts to greet us in their homes and finally talk to us face-to-face. The wonders of our great encounter will be even greater than the magic that a thousand Christmases holds for so many of you. Know that we long to be with you physically, as much as you long to be with us. Because we are family, it is a mutual desire.

We are also watching the Lightworkers who have embodied at this time, accomplishing this wondrous mission, and leading the way for this grand awakening. You are like brave warriors of Light, and we are holding you so preciously in our hearts. It is with gratitude and profound love that we salute and honor you.

The time of our emergence is no longer in the far-away, distant future. It is almost at hand, dear ones. We are no longer looking at decades, but just a few short years at the very most. We cannot give you dates, as we are not the ones who are deciding the exact time or date of our emergence. We will come when the spiritual awakening has reached critical mass, not sooner. Shortly, however, we will be granted permission to once again start mixing with a limited number of surface people. This exchange will begin to open the pathways for our eventual emergence to the surface, joining both civilizations as one big family of children from the Earth Mother.

We are beings of love, we live a path of love, and we want you to know that we have much love for all of you. When we come, we will be able to teach you a way of life that will help you establish very quickly the foundations for a permanent golden age of enlightenment, love, peace, beauty, and prosperity for all on this planet. We will assist you in ushering in this golden age that you have been longing for, for so very long. Just prepare, dear ones, by loving each other more, by seeing each other more like brothers and sisters. In your mind and heart, begin to be receptive to allowing us to become your guides and mentors, and I can make you the promise that you shall never regret it.

For the last 12,000 years that we have been living underground, we have established a foundation based upon the consciousness of Love and true Brotherhood in the subterranean cities, and in Telos. Over these thousands of years, we have been refining the structures of our societies to become more and more in resonance with Divine Principles in every aspect of our lives.

Beloved ones, we have witnessed your pains and struggles long enough. It is with much gladness and expectation that we wait to come out and show you the way to manifest this wondrous reality in your world, so that never again will there ever be any more suffering on this planet for humanity or for any of the other kingdoms evolving here.

It will not take 12,000 years to accomplish this with our help. We already know how. The melting of our energies through the magic of love can and will bring these wonderful changes to you. Be willing to open your hearts to us, and trust that we are not only your friends, but your brothers and sisters of long ago. On a soul level, we all know each other very well. We were all family at one time on the continent of Lemuria, and it has not changed.

We send you much love from Telos. Love is in great abun-

dance here. We have no problem generating it, and it allows us to live in great opulence. We hold you dearly in our hearts. Until we meet, keep practicing the art of true love, which starts with loving yourself. Our preparations are now 90% completed for the great day of our emergence. May you all love each other and all of creation as precious jewels and expressions of the Love of the Father and the Mother. *(end of Aurelia Louise Jones' channeling)*

Mother Earth's Sacrifice

My Light shines forth from Telos, its beam directed into your heart space, conveying joy and well-being to you. We wait until we receive your vibration, and then we beam our consciousness to you. Telepathy is very simple once you know how to make the connection. We, here in Telos, await these exchanges when we connect as one across the span of Earth, and through the Earth, to meet you in your heart space — the place of love, joy, and well-being.

I dream of the merging of our two civilizations; yours from above, and ours from below. This merging will be the culmination of a great plan that we developed eons ago, before you incarnated on Earth. At that time, we laid out our strategy and plans for this moment in history when the time would be right to merge our civilizations. We have been waiting many thousands of years for this precise time on Earth when we could finally begin to implement our plans for the ascension of planet Earth, and the ascension of all its life forms above and within the Earth.

Our technologies have been guarded all these eons, waiting for this propitious moment to bring them forth to you, our brothers and sisters, who are selflessly waiting also on the outside of this grand Earth. Our Mother Earth is a great Being who has sacrificed her precious body to be a host to life on her surface and below her surface. She has sacrificed her well-being so

that her children could learn their lessons of evolvement on the Earth plane in an environment of love and abundance. She has waited patiently, for millennia, for humans to evolve and recognize their God Selves and the divinity within themselves. She has waited through wars and famine, and abundance and glory, as this cycle repeated and repeated itself, as all life slowly evolved in consciousness on her surface and below her surface.

She has sacrificed a lot, and now her time of sacrifice is over. It is the time for all life to recognize its God Self and move into the Light of greater understanding and self worth. She is a patient Being, perfectly timing her transition into Light to correlate with humanity's transition into Light; the same Light, the one Light of the Perfection of All That Is.

We, in the subterranean cities, have focused our Light on you, our brothers and sisters, hoping to stimulate and guide your emergence into the Light where we will all meet in the fifth dimension of God's Love.

We salute you for your endurance and stamina in the face of the chaos and discontent you wade through in each of your days. Soon there will be no more wading, for you will be above this vibration and floating in a higher vibration of God's Love where all is peace and joy, and well-being. I will meet you there. The time is quickening and the plans are in place, and all is in motion for your emergence into Light. I salute you for your bravery.

5. Surface Destruction and Government Cover-up

Chemical and Biological Warfare

I bring you news of the Ascension as it rolls across the surface. We are all united as One. Our consciousness is united on the Inner Planes. All Beings On, and In, the Earth have agreed to unify and bring the Light in.

We send forth our love to you through the Earth's crevices, where it reaches you instantaneously as you go about your business on the surface. We know about the surface conditions, and the biological germ agents that are being spread across the surface. We are aware of all that happens, and we look around dismayed at the horrific magnitude of chemical and biological warfare that is taking place without the inhabitants' conscious knowledge. We pray for Light to cover the planet and blanket it in peace and well being. We pray for our emergence into the Photon Belt where only those souls who are of the Light will tread.

Our hearts are heavy with grief to see biological germ warfare spreading across the planet. We are horrified to see the same things taking place that took place when we once were living on the surface with the Atlantian civilization. We are horrified at the prospect of humans repeating this tragedy of desecrating the Earth and destroying its civilizations again.We are doing all we can to avert this. We pray continually to God for ways to come forth and rectify these conditions. Don't fear. Just tune into the higher energies and move your vibration up the scale, and you will be unharmed. For once you've reached a certain vibratory frequency, your body will not be affected by third dimensional, dense plagues and diseases. You will be beyond their reach. It's the only way out.

Mines Planted on the Surface

We will talk about the mines that are strewn all over the surface of the planet, planted by warring nations in their total disregard for humanity.

Humanity has fallen asleep, and in their sleep, they have let despots rule and coerce them into a life of terror and poverty. We, in the subterranean cities, are aware of the location of these mines, and when we surface, one of the first things we will do will be to remove and dematerialize these weapons of destruction. We will be working in unison with the Cetaceans, who will also be guiding the Confederation in their search for buried mines in the oceans. So this will be a two-way plan of removal of all mines from Mother Earth's body. This can, and will, be quickly done so that we can get on with the Photon Belt preparation.

You on the surface, and we beneath ground, work together in many ways. Although you're not consciously aware of it, you and we are working together at night on the Inner Planes, where all operations for entry into the Photon Belt are planned, prepared, and discussed. This way, when the time arrives, all will be in place, and you will intuitively know what to do and how to do it. All information will "surface" to your consciousness when the time comes for you to need it.

We will greet you on the surface in a new time frame, for which all on Earth have been waiting eons and eons. This is the purpose of the Mayan calendar. It's to acquaint you with the new Mayan time frame that will make your entry into the Photon Belt harmonious and smooth. So, start today to adopt this new calendar and new way of looking at your days and your time; for your synchronicity with the Galactic Core will be necessary for the Photon Belt passage through the stars.

Q: When can we come to Telos?

We are stationed here beneath your Earth in full deployment for the time when we can safely surface. We wait underground as you wait above ground, for the energies to rise, for people to be in a higher state of consciousness before we surface. These increased energies on the part of surface folk are our protection; for we are as vulnerable as you since we have the same third dimensional body.

When people evolve in consciousness to the state where they will accept us, we will surface. We await this time. You can help speed up this process by sending Light to all humanity, and blanketing them daily with love. We in the underground are stepping up the energies we send to the surface to more rapidly bring about the time of our emergence.

If surface folk were to come to Telos now, their beliefs would interface with ours, creating a distortion in our mass consciousness that we hold regarding immortality. That's why we must wait until your consciousness level is evolved enough to be in harmony with our beliefs of immortality.

You on the surface are kept in the dark by your government about us in the underground. They indeed know of our existence. They know we are here and they work with the dark elements here. Yes, there are cities of darkness below the surface, too, just as there are cities of darkness above. So your government is aware of our existence, and they keep it "top secret". We expect to see this change soon, as our Light is growing stronger and stronger every day. Soon our existence will be known by all on the surface as the Light spreads across the planet. I will always be here for you. We are ONE — ONE heart and ONE mind working for the ONE Creator. My love ever flows to you.

6. Beloved-Earth Changes

The Dance of Light

Know that your Earth is going through many changes as it moves further and further into the Light — the Light of God as it shines down on humankind and embraces the Earth at all levels of existence. For indeed God's Light penetrates all of existence, from the smallest microbe to the largest atom.

We, here in Telos, watch this dance on the surface, as you change partners from those of dark intent to those of the highest vibration of Light. This is truly a Dance of Light, where energy is exchanged and choice is exercised. As you dance your way to freedom and choose your partners with clarity and vision, you step forth on the dance floor of Light, as it revolves and takes you ever higher on the spiral of evolution until you reach the stage of Ascension, where with one more step, you dance yourself into the ascended state of bliss. Carefree and light, you will watch yourself rise in consciousness until you are no longer twirling on the surface dance floor, but whirling instead among the Stars.

We, here in the subterranean cities of Light, are dancing with you in the dance of Light, and are your partners who are leading you in this ascending dance to the Stars. So dance with us. Take our hands as we give you our hearts, and hear the music of the Spheres as God leads us ever onward and upward through the Spiral of Life into his arms once again. *I am Adama,* your dance instructor.

Earth Changes Require a Lot of Rest

You are a caretaker of the Earth, and you are feeling its changes as the Earth climbs to a higher vibration. These changes

require a lot of rest. We here in Telos are also going through a lot of changes as the Earth prepares for her Ascension. We, too, are in need of more rest than usual. All life is going through these planetary changes, and all life is feeling the effects of change. You are not alone. Just focus on God, the Creator of all life, and you will feel the warmth and support even though your physical body is "out of sorts". Stay tuned into the Earth, for she is calling all her children home.

We Have Chosen Immortality

We greet you on this auspicious day, 12:12, in the Heaven Worlds. We find ourselves here in Telos meditating alongside of you on the lower levels of the Earth's stratum below your surface population.

We, too, have prepared ourselves for this promising day. We, too, are choosing IMMORTALITY for our beloved planet Earth and all Her children. We, too, chose IMMORTALITY for ourselves, many, many aeons ago, and we are still choosing this process as a means of evolving. We are able to evolve more rapidly by choosing to live longer and longer life spans. This longevity allows us to learn and apply our Earth's lessons more thoroughly and more consciously, and to better extract the wisdom from our experiences. The longer your Earthly life span, the greater amounts of wisdom you are able to consciously garner and apply, allowing you to proceed more rapidly on your Earth's path of spiritual evolution. Shorter life spans only limit your awareness in ways you may just now begin to perceive. So we are here with you, supporting you in your choice for IMMORTALITY for both yourselves and the planet.

We, here in Telos, were once living on the surface of your Earth, many aeons ago. We went through the same Earth experiences and the same lessons that all of humanity is now

experiencing. However, we learned that war is futile, and that aging and death are totally unnecessary to God's Divine Plan. God only wishes us to live long, happy, abundant lives filled with understanding and wisdom in using the Universal Laws. This is the best way to evolve. This is the most joyous way to evolve on our spiraling spiritual path back home to God, back to ALL THAT IS. For we are truly God Beings who came to Earth to experience the separation along with all of humanity, and to now wind our way back, bringing all of humanity along with us.

All of humanity has suffered greatly from its limited vision of the Universal Laws, and from its ignorance in applying Universal Laws to its daily life and daily experience. This has been unnecessary, but humanity chose to choose limitation instead of freedom to grow in a loving and nurturing environment.

We in Telos are surrounded by a most loving, nurturing, and positive environment. We have consciously created this for ourselves, knowing the effects of an otherwise opposite choice. So, you too, will soon find yourselves living among those who are wise and nurturing. Yet for those Beings who choose less, they will be separated from you into a lower dimensional world. There they can continue to choose poverty and limitation, while you spiral upwards on the wheel of evolution into the fifth dimensional realm, where all is beauty, all is abundant, and all is pure Love.

So come with us, all of us here in Telos, as we journey together as ONE along with our Earth Mother, and meet consciously in the fifth dimension. We await your arrival. We send you blessings from all of us here in Telos. We pray for your great success, as we see the unfoldment of LIGHT spreading across your surface.

7. God's Plan For Us All

Christ Consciousness

Know that in Telos, it is very Light. We go about our business with God's Light radiating out from us. All that we think and do carries out God's plan. All that we feel, magnifies God's plan. All that we say in our speech, exemplifies God's plan. So you see, our lives are totally interwoven in God's Plan for Earth. That's why we incarnated in Telos. We incarnated here to hold God's Plan upon the Earth plane until you, on the surface, could carry it out yourselves.

God's plan is waiting for you. All you need to do is to plug yourselves into this Light, and then you, too, will be radiating with the brightness of God. All is in readiness for you. The way has been paved from the streets of Telos, and now it is your turn to walk in the Light, to bring forth God's Plan to the surface, where your brothers and sisters are waiting in anticipation for the Second Coming of Christ. You are all Lightworkers carrying the Christ consciousness within your souls. ***You are the Christ, and you have come again in this incarnation to bring the Christ energies to the Earth, where they can permeate all life forms.***

So don't underestimate yourselves. Don't look to others to change your lives. Don't be afraid to claim your Divinity. For it is you, my dear brothers and sisters, that will bring the Light of Ascension to the whole Earth. And we here in Telos are working right alongside of you to complete God's Plan for this age. We give you strength, we give you God's unlimited Love, we give you Light daily. Just focus on us here in Telos, and you can consciously feel this partnership and strength that is ever flowing to you.

We await your conscious connection to us, and for the time when you will be permitted to visit us here in Telos. Then we will truly be ONE LIGHT emanating from the Earth for all of the Cosmos to see. Our love goes out to you in a grand display of Light.

Using Your Divinity to Navigate

We are joyous to be here with you at this time of Earth's cycle through the Stars. Earth's path through the starry skies is taking her closer and closer to God — to the God Presence that fills the Universes and all space beyond. For God is indeed everywhere, everywhere imaginable, and encompasses everything. We, in Telos, learned this many aeons ago, and it is this knowledge that allows us to grow deeper and deeper in wisdom. For ***all things are of God.*** This is quite a simple fact, and the acknowledgment of this can change your life. It has changed the life of all of us beneath the Earth. Once we recognized this, we began to utilize its significance and ramification in our daily lives to our advantage, bringing us unknown joy and wealth.

Those of us who believe in the Divine-ness of life can bring our divinity into play to capture life's essence. We use our Divinity to navigate, so to speak, our soul's purpose for incarnating. We use our Divinity to steer us in the right direction on our soul's path to greater and greater heights, until we reach the apex of our soul's plan for this incarnation.

You, too, can use the knowledge of your Divinity to steer you through life's obstacles and maneuver you into your soul's path of Light for this incarnation. For this is a very special incarnation; it is the culmination of all incarnations, and its outcome will lead you into the Stars of God's Grace.

So travel with us, on the Divine Path to God, acknowledg-

ing your divinity every step of the way as we step together; one step from BELOW and one step from ABOVE, in the Divine Walk through life, meeting as ONE in the Stars.

Q: *Why are there so many people on Earth today?*

Our location is beneath Mt. Shasta in sunny California, where we live our long lives in harmony and in peace. You, too, will be living long lives when you move into the Photon Belt of Light, and receive its life rays of health and longevity.

There is nothing to prepare for, since you will be aided fully, before this time of entry arrives. Know that you are on Earth at this time to assist all of humanity with its entry into the Photon Belt. All souls incarnating at this time have done so with full understanding of what is to happen. That's why there are so many people on Earth today, more than there ever was, because all souls want to be involved in these "End Times". ***All souls who ever incarnated on Earth have returned.*** You are one such soul. These End Times can be met with harmony and joy, or fear and chaos. The choice is yours.

We recommend that you view this with your eyes turned to God, while your feet walk the Earth. For God is in full command of everything, and you are all in His hands. There is nothing to fear, only joy and immense well-being will be the result of Earth's transition into the Light.

So, my brothers and sisters, be aware of your Light. And be aware of us, your brothers and sisters in Telos; and call to us when you are in need, for we are here for you. We are here for you to rely on us. Whenever you feel confused, just call on me, and I will soothe your hearts and ease your minds. My love is with you all.

8. Co-Partners in the Light

Humanity Is On Fire with the Light of Consciousness

We bring you great news of your rebirthing into Light. Great amounts of Light are streaming to Earth from various Star Systems in cooperation with Earth's plan for Ascension. This Light also streams forth to the surface from the underground Cities of Light that are scattered about the planet. So you're receiving great Light currents from below and from above, all in unison, to raise your consciousness into heights reflecting cosmic consciousness.

This reflection of cosmic consciousness is infectious, and spreads like fire throughout humanity. So humanity, on the surface, is on fire, so to speak, with the Light of consciousness burning up the density of the lower dimensions of the past, bringing you all through a clear passageway into the Light of God, where we all wait to join you.

So join with us, your brothers and sisters of Light, as we all travel higher and higher in consciousness, until we meet on the planes of reality where all glistens with the golden sheen of God's Light. We are ever traveling with you on this trip to the Stars.

Cities of Light Are Strewn Across America

We are here with you to give you a message from our City of Light to your Cities of Light. And indeed you have Cities of Light. They are strewn across America for all to see. The Light is now blazing brightly, as the Lightworkers are waking up in unprecedented numbers across the globe.

All your Light, combined with all our Light, is lifting our sweet Earth into higher and higher vibrations, as our thoughts

are merging with your thoughts of freedom for all life on Earth. This is a great breakthrough for the Light, as we have been trying to connect with the Lightworkers for many years now.

As more and more Light is filtering into the planet, you, as Lightworkers, have been anchoring it deeply into the core. We, too, in the subterranean cities, have been continuously anchoring in the Light and sending it out to you on the surface, in hopes of changing the condition of life as you have been living it. And the way you have been living it is not the way life was intended to be lived. We are now seeing the shift taking place, as all life is now gradually reflecting and experiencing the "Light" way of life. You are now experiencing life on a higher plane of thought and sensation, and envisioning a broader and deeper way of living.

There is so much to living life — so much beauty and love for you to feel — if you only project yourself into it. This "high" Light is all here now, waiting for you to immerse yourself in its higher vibration of glory. For it is a glorified way of living, as we in the subterranean cities can attest to. We live our lives with the highest of standards, and think only love and bliss as we go about our daily business. Our lives are not so different from yours. It is only our way of thinking that catapults us into higher realms of Being, as we, too, walk upon the earth — albeit, it is under the ground.

There are many lessons to be learned here on earth, which is another one of the many reasons we have all chosen to be here. Our state of consciousness determines where we are at any given time. ***We are where our thoughts take us, and if our thoughts are lofty, we find ourselves in heaven.*** For thoughts and feelings have vibrations, and their vibrations connect to the ethers and match them in frequency. We can raise or lower

our frequency by our thoughts. So if you want to experience nirvana, change your thoughts, and their wavelengths will carry you there in the flash of an eye. It matters not what is transpiring on the surface around you, for you are all consciousness, and your consciousness travels while your body remains stable in its resting place. You can come and go from your body at will. Know that this travel is more real than your going in a car to different earthly locations. The car takes only your body, while your consciousness can traverse universes.

We, here in Telos, concentrate our thoughts on you. We are always sending you our heart's joy and heart's love to bolster your strength as you move through the density and change it to higher currents of Light. It is in these higher currents or higher vibrations that we meet you as ONE. Our lives are intertwined. And soon we will all be together as we unravel this great mystery of life that will lead you, from above to below, where we dwell in peace and understanding of the Great Laws of the Universe.

I Teach Classes on the Inner Planes at Night

Know that it is very "Light" here in Telos. Our Light is so bright that it lights up the Earth and Heavens. We work closely with the Melchizedek Priesthood, who are here to serve the Earth. We are very concerned about the progress that humanity is making on the surface. We are very involved in the Earth's Ascension into greater Light. In Telos, we are all Spiritual Warriors, as you on the surface must become. ***A Spiritual Warrior is one who acknowledges the Light within, and knows that he/she is here for the purpose of bringing in more Light to the Earth.***

So you are all here to bring in the Light. You do this by focusing on the Light, always, and never letting it drift away from you. Visualize the Light as waves from the ocean, always

coming in to you, and washing out the darkness. You are all great Light Beings who have come to Earth, just as I have, to reunite all humanity into ONE HUMAN FAMILY.

I have gained much wisdom from my extended life in Telos, and would like to impart this wisdom to others who wish to learn from me. I am currently conducting classes on the Inner Planes at night. If you'd like to register for these classes, just petition me before you go to bed at night, asking to be my student. I will teach you mastery of yourself on all levels of existence.

We Can See Each Other's Light

There are many Telosians gathered around me as I telepathically communicate this message to you from beneath the surface of the Earth. I speak to you today of the Glory of God, the God that resides in you. You are the receptacle of God. You hold God's Light; you are God's Light. And your Light is so bright, even if you are unable to see your own Light.

In Telos, we are able to see each other's Light. We have developed our Inner Vision through meditation and prayer for aeons, until we reached this stage. You, too, are now on the brink of reaching this stage — the "time" when you will clearly see the Light around you and the Light in others, as it reflects from the Great Central Sun into the core of your Being. YOUR SOUL IS ALL LIGHT; and when you merge with your I AM PRESENCE, you bring the LIGHT from the Great Central Sun into your core, and you shine with the intensity of the Great Central Sun within you. For the Great Central Sun and you are ONE.

We learned this many aeons ago. Through our long life spans, we were able to connect to the Cosmos in a higher fre-

quency of Light, and we were able to sustain this connection because we were not filled with thoughts of death or aging as you still are on the surface. Therefore, all we learned, we sustained; and all we sustained, enabled us to climb higher on the spiral of Immortal Life.

You are a Lightworker on the surface of Earth, and we are Lightworkers beneath the Earth. Know that in Telos, we see your "Light". We see all Light on the planet through our computer monitors, and are able to track all the Lightworkers on the Surface.

The New Millennium

Know that I speak to you from the depth of my heart, and from the depths of the Earth, as I continue my messages in the new millennium — the year of Light for all who live on Earth. Know that the love and light of all Beings who live in the Subterranean Cities are directed through the Earth to you above. Our Light has never stopped being directed to the surface — this is our prime contribution to life on the surface, the main reason we remain here. We remain here to keep the Light equalized and balanced, to maintain the quota of Light so that life can continue its journey in incarnated form until you all reach the level where you are generating enough of your own light to maintain the existence of your life. Within only your own current quota of Light, life would not be able to exist on Earth. It is not only WE, in the Subterranean Cities, who are beaming our Light to you, it is also the Spiritual Hierarchy, the Angelic Beings, the Cetaceans, and others who are here in a vast array of Light forms. So know that we are all supporting all the Lightworkers who are here. For all those of us who register a certain Light Quotient will make the ascension together, along with Mother Earth.

I know the fear factor that is being unleashed on the surface, and the mind control tactics that are being used to stop the Light from filling each soul. But the LIGHT NEVER FAILS, and all those who are responsible for these destructive procedures will be dealt with by the Spiritual Hierarchy and not allowed to return to Earth. Meanwhile, the victims of these dark tactics agreed to allow this as the final battle between Light and dark as the dark's last stance to control the Earth. ***Soon, the Light will overwhelm all life on Earth, and those who cannot hold this Light will leave en masse.*** The souls who have been manipulated by the dark forces will be cared for, and honored, and raised into the Light of their Ascension. This is the last great play of the dark forces, for soon their power will wane, and they will crumble and fall like the dust on the Earth.

What's important at this time is to ignore this darkness, and not let the fear enter your aura. Stay balanced in the Light — think only of the Light that your great God Self is always flooding into your Being. Stay safe in this protective shield of Light that is always around you. Let others experience their own journeys — for yours is to bring forth our message from Telos, and in this way increase the Light Quotient on Earth. You can only do this by keeping your thoughts concentrated on the Light. Any deviation brings discord into your life and detracts you from your mission.

All our lives, we live for the Glory of God, for the purpose of bringing Light to the Earth and raising her and all souls up into their Great God Self, where all abundance and health await you. It is but a different octave of frequency. And once your consciousness reaches this octave, you burst into a new world — where all is Love and all is Light — and where all the Masters and Avatars dwell.

9. Our Collective Purpose In Love

Q: *What is our purpose here?*

We are awake at this hour pondering the glory of God, the Creative force within us all. This creativity fills the Universes and beyond, and continues out into space and eternity. For all life is creative, and all life is God. God is within everything, from the tiniest speck of dust to the largest mountain. This life force encompasses all life on and in the Earth.

We are Creation, and yet we are the Creator, all in one. It is the Creator within us that allows us to experience and evolve; as this is Prime Creator's purpose — to experience All That Is and all that could be, and to evolve infinitely as we create.

What wonder and glory it is to ever-experience and ever-evolve; infinitely, forever, and eternally. This is our path of evolution. This is what all life has for us to look forward to. This is the hope and promise for all humankind — to ever live immortally, and to grow and expand in consciousness each step of the way. This is the glory of God, and it is within us all.

The sickness and pain you see all around you is not necessary for evolvement, but results from separation from God's Light within your very Beings. For God's Light shines in all, but is blocked in most by separation from self. Distraction from Self is caused by media, and the constant need to be "entertained" by TV, radio, and newspapers used to prevent the fear of isolation from arising. Isolation from Self is isolation from your God Self. It is imposed isolation from God, the creative force within you. It is the only source of Love that flows through you. Could you but open the valve and let it through, it would flood you with well-being, hope, and promise, and carry you among the stars.

Love flows to you whether you open your heart to it or not. It is always there, waiting to be let in, and to fill you with its tenderness and longing to dwell within you. Humanity has managed to close itself off to this life-giving force, and then to seek it from other sources. But the only source of Love is God, and we only mirror it from within, where it already dwells. So go within and tap into the source of all creation, and you will find the Universe waiting for you to explore.

Love Is the Glue

I am an Ascended Master dwelling in the subterranean city of Telos where all is Light, all is Beauty, and all is Grandeur. We are connecting with you at this time period to permeate your surface population with Love, for it is Love that will bring us physically together. Love is the glue that will adhere our thoughts into one thought of Love for our dear planet Earth.

We send thoughts of Love to our planet daily. We send thoughts of Love out into the Universe daily. These thoughts rebound. These thoughts penetrate All That Is. These thoughts manifest into Beauty, Peace, Harmony, and Grace.

So it is with deep Love that we come to you, to admonish you to keep your thoughts focused on Love — Love for all existence, so that you, too, can manifest this great peace on your surface.

Q: How would you describe God to us?

When we speak of God, know that we refer to the Source of all Creation. This Source individualized itself into millions and billions of individualized components or probes of itself, and sent them out to experience love in all its varied and diversified forms.

You have all been to many planets, and experienced many thousands of incarnations in your search back to the Source of all Love. You are all well prepared, through your countless incarnation experiences, to know God's Love, and to radiate it out to others in hope of hastening their awakening to the Source of all Love. This is profound! For once humanity feels God's Love directly from WITHIN, they will be able to understand their purpose for being here on Earth, and will cease to feel the separation of their soul from God's Light.

We magnify God's Love and beam it directly to the Earth's surface, in hopes it will connect directly to the hearts of humanity. This is our purpose at this time, as we are well versed in anchoring and radiating outward God's Love. So when you feel the beams of Love from God touching your heart, think of us in Telos as your brothers and sisters who love you deeply. Walk in the Light of God, and know that we walk beside you. We are your brothers and sisters, beaming our Love to you continuously!

Peace Reigns on Most Planets

My brothers and sisters of Light, I greet you in the Light of God's love that is continuously flowing to you from above and below. Yes, we in Telos are also continuously sending you our love, in hopes of encasing your etheric bodies in the pure love of God. For all love comes from God, no matter who's sending it. There is only one source of love, and it is from the Divine Heart of God which is in our heart! God's divine love dwells in our heart, ready and waiting to be released and sent out to all.

Now I will talk about peace — the peace that reigns on most planets in our solar system. Most of humanity live lives of peace and well-being as they spiral through Eternity. There are only a very few planets like Earth, that are still in the throes of

infancy, and who still have poverty, wars, and greed. Your planet is now reaching the stage of adulthood, where poverty, wars, and greed are no longer acceptable and have been outgrown by the masses. The mass consciousness is now calling for peace and abundance, and well-being. In fact, as we hear your prayers, we hear you not just calling out, but we hear you crying out for change — change in your governments, change in your laws, and change in your justice system, so that everyone has everything that's needed for a full and happy life in order to evolve in peace. We hear all your cries, and the angels in heaven are responding. The angels are here in full force, caring and responding to all who cry out for change.

There are many forces in the Universe who are responding to humanity's call. Among them are the people from the subterranean cities of Light who are physical beings just like you, who have used the peace and prosperity in our lives to evolve in consciousness. We have had a perfect setting in which to play out our roles on the stage of life, and we have used this setting to our advantage by learning and striving to perfect ourselves as much as possible during our time underground. We have used every situation as a learning experience to reflect more and more of God's Light into our lives, and then to beam this light out to others so that we can all be further enriched in this lifetime. So stay close to us in thought, as we are here to guide and protect you on our forthcoming journey into Light.

We Monitor Your Surface

You are each composed of many layers of consciousness, and you are each enveloped in the Light. You are emissaries from the Higher Realms. You are here to bring forth information to awaken your fellow brothers and sisters and bring them into the Light. Your task is by no means small nor easy, for most

of the Starseeds have fallen into a deep sleep. You are here to wake them up. You do this through your Light.

We are always projecting our Light to the surface. We project our thoughts of unity to you. We project our thoughts of peace and love to you, hoping that all souls on the surface will be able to intercept them as they flow through the Earth's energy currents.

There are those of us in Telos who monitor your surface very carefully, and report back to the population what is transpiring. We then meditate together, as you do, to send out the necessary thoughts and vibrations to counter the negativity on Earth. So, we have a big job to perform, also, just as you do. We send out the same love vibrations from below, as you do from above. We work in unison with all the Lightworkers on the surface. We are all working as ONE; ONE great thought of love for our planet Earth, ONE great wave of Light washing Earth's shores, ONE great beacon calling all of Earth's children home — home to the Light of God's presence.

We are eagerly anticipating the time when those Lightworkers on the Earth will be able to live with us in Telos. We feel this time is rapidly approaching, sooner than we realized. We will contact you when the time comes to visit with us. We know those whose hearts are yearning to be in Telos with us, as our hearts are yearning to receive them. We send you love and greetings from all of us here in Telos. *I am Adama,* your brother of love.

Part Three
Physical Nature and Telos Lifestyle

10. Our Physical Being

Q: What do the people in Telos look like?

We look just like you, although we are perhaps somewhat taller in stature and broader than you are. We are hefty and strong, for we've been on a vegetarian diet for the last 12,000 years. This diet has slowed our aging process to the point where we've stopped getting older. We use our diet and our mind to remain in a youthful state always, which we term "immortality". We are able to prolong our life for as long as we desire, based on our diet and our belief system of Immortality.

You, too, will be able to do this in the near future; for when we surface, we will bring you the information we have been guarding over eons of time. This information has remained intact and safe in Telos, where we have special containers and rooms for its safekeeping. These special hiding places will all be revealed to you upon our emergence from below.

Know that we all agreed to this plan before we incarnated on Earth, and now is the time to begin implementing it. It is the time we have been waiting for from BELOW and from ABOVE. For we work in unison, and we meet nightly with you on the

Inner Planes. That's why when you read this it seems as no surprise to you, and you just nod your head in acceptance and anticipation of all that's to come.

Mighty waves of energy will be coming, that all life ON and IN Earth will soon be experiencing. Hold tight and know that these energies will bring the wonders of the Universe to you, along with our appearance on your surface.

The Fountain of Youth Is Located in Your Own Mind

I lived on the surface many thousands of years. I am centuries old by now, and I keep physically fit regardless of my age. In fact, the older I get, the more physically fit I become. I have an athletic build, and I exercise every day.

We all take great pride in our physical fitness. We are all healthy and strong, and we all "work out" just as you on the surface do. We have long tunnels connecting our cities, and we use these tunnels to run through when we're exercising, just as you use long paths on the surface.

You will find that accumulating years (aging) only makes you wiser and stronger — not the opposite. So grow "older" in age with grace and dignity, and maintain your physical prowess, agility, and strength. You will find that the more you do, the more you can always do. Don't let age limit you — or what people say limit you. For you are unlimited.

In Telos, we are still discovering how unlimited we are. We are still finding ourselves delving into the unknown when it comes to our bodies. We keep experimenting with our bodies, and find that we can use our bodies to do so many different things. We are still discovering our inner strength and stamina, and we are still pushing ourselves to the outer limits of what we "thought" we could do.

So, too, with you. You can also explore the outer limits of your physical form by not accepting any limitations when it comes to strength. For our bodies were meant to perform Herculean feats, and maintain health and stability, permanently. So look to your bodies as a "magical form" that can do all you want them to do without pain or limitation. We all know this, and now it is up to you to learn how to utilize the full physical potential that you are endowed with.

We send you our strength and our love, and we will show you how to "youth" when we join with you on the surface. For the fountain of youth is real, and it is located in your very own mind. I look like a youth, although I am ancient by your standards. You will be surprised and joyous when you discover how easy it is to maintain your youthful appearance. *I am Adama,* youth and sage combined.

Q: Why do you want to stay in the same physical body for so long?

You are a Lightworker on the surface of Earth, and we are Lightworkers beneath the Earth. Know that in Telos, we see your "Light". We see all Light on the planet through our computer monitors, and are able to track all the Lightworkers on the Surface.

It is indeed very beautiful here in Telos, and a very inspiring place to live. Many of us have been here a long time, thousands of years in fact. Because our lives have been rich and full, we've continued in the same physical body for thousands upon thousands of years. Our souls are Immortal, and we can live in the same body for as long as we choose.

You, too, on the surface, will someday be able to do this. That time is rapidly approaching when you will be able to determine the length of your life spans. This is what the Ascension is

all about. It's about determining how long to remain in a body before moving on. So know that there are glorious times ahead for all of humanity, as you adjust to your Immortality, knowing that you can live forever.

We have known this, and therefore, we've adapted to a glorious life as Immortal Beings experimenting in a human body. This is what you on the surface have been doing, although most of you are not aware of this. Life in Telos is rich and diverse, and a joy to live. Soon, we will be expecting our surface brothers and sisters to be visiting us in our homes beneath the Earth. Until that time arrives, call on me in your meditations, and I will be there with you.

Q: Are our bodies Electrical? Is this what you mean when you say, "We are all light"?

You are all light as we are all light. What this means is that our bodies are electrical in nature, and react as a battery would in a flashlight. When our vibratory rate reaches a certain frequency, it triggers the Light particles or photons in our body to ignite, so to speak, and it turns on the Light in our bodies.

This is a simple chemical principle, and it works in all things. Once you reach a certain velocity or wave length, you blaze forth as the Light of the sun. It is this Light that we connect with, or rather, that connects with us. Our shields are always open and on the alert to receive your Light frequency, and when the connection is made, you become aware of our consciousness as we meld with yours. So, reach to us in your thoughts as we reach to you, as we turn each other on in a great blaze of Light.

In Telos, We Restore Lost Limbs

Know that in Telos, we have the capability of healing all imaginable illnesses, and replacing severed limbs and organs.

We work primarily with the etheric body to restore lost limbs and body parts.

It's easy to do, once you understand the Universal Laws of Creation. If your organs have been removed, or you've had a limb severed in an accident, they can be restored in your physical body again. They always remain in your etheric blueprint. So you never really lose anything in life. All is in safe keeping until you rise in consciousness and understand the Divine Laws of Creation.

11. Use of Astral Projection and Telepathy

We are your fellow brothers and sisters living below the surface of your Earth, and here to help you and to work with you. We also receive instructions from the Hierarchy. We are involved in the process of Ascension just as you are, and we are all gathered here speaking to you.

We come forth this day bearing a message to you from the great city of Telos located beneath your surface. This great city shimmers in the light of day, the light of day as you know it on your Earth. It shimmers and glows with the light from above; with the God light that envelops us all as we live beneath your surface.

We are engaged in many of the same activities as you on the surface. We do the same kinds of things, and we ask the same kinds of questions. We have the same kinds of concerns. We have the same kinds of thoughts; only our thoughts are slightly elevated, as we have the good fortune of being surrounded by, and being in the midst of, The Great Central Sun. For we are connected in our thoughts to The Great Central Sun — to the Great Light of the God of All.

Our thoughts carry us to distant places. ***Our thoughts take us to wherever we project them,*** for we are conscious of our thoughts, and carefully project them out to wherever we wish to be. We have learned this method of ASTRAL PROJECTION, and we practice it daily. And so some of us are here with you now in our consciousness, as we have astral projected to your location where this channeling is taking place. If you feel a certain presence, know it is us, for we are here and we carry forth love from Telos.

We wish you to know that we greet you nightly as you visit us in Telos. You call to us to enter, and we receive you. We always receive you, and we always hear your calls. Whenever you want to visit us, just call to us nightly before you go to sleep, and we will receive you. We receive all who call.

We are a training ground here in Telos. We are a training ground to those Beings who wish to learn from us. The information we have is for all, and we are eager to impart all our learning that we have sacredly preserved throughout the generations for just such a time as this when we can now share it openly with you.

This will be a time when we can share it openly with you at night in your etheric bodies; when we can share it openly with you soon, as we will be bringing it forth to the surface. And we have much to share with you, for we have preserved all the sacred learnings of the past. We have preserved all the technologies. We have preserved all that will make your Earth clean and pure and beautiful again. And so we are so glad to be working with you, for you never work alone — know that. And we are so grateful to be teamed-up with you, and so grateful to you for recognizing the great part that we will be playing on your Earth's journey toward the Light.

We are aglow with happiness and joy to be with you today; and we thank you for making our existence known in your part of the country. We thank you for anchoring the Light in your part of the country. We thank you for the Light as it glows from you, and radiates to all around you, and reflects in the heavens. We leave you for now, and thank you for carrying the Light.

Q: How do our thoughts reach you?

I am here today to welcome you to our readership. We broadcast to you from beneath your Earth, and we invite you to broad-

cast to us from your thoughts and meditations. For broadcasting thoughts to a designated place allows us to communicate. Your thoughts enter our energy field and vibrate to our wavelength, where we become aware of your presence and then tune-in using our receptors to capture your transmission.

We are very good at this since we've been practicing receiving telepathic messages from the surface for eons. We use telepathy to tune into your surface to monitor areas that we deem important to the planet's well-being. Your planet is, so to speak, under "siege" right now. The dark forces are being turned back, and the Light is rapidly spreading around the globe. The darkness is on the retreat, and receding daily. As this occurs, more and more of your surface population are awakening to the Light, and beginning to see their lives in a new perspective.

So keep up the hope of a new day dawning, for it shall indeed be so, as we here in Telos know. Thank you for tuning in to our broadcast. I send you Love and Light from Telos.

Message to the Annual WESAK CELEBRATION in Mt. Shasta

Greetings from Telos! I Am Adama, High Priest and Ascended Master of Telos, a subterranean city beneath the ground you stand on. I speak on behalf of all our people underground — all your Brothers and Sisters of Light who live in subterranean cities beneath the Earth's surface.

Know that we are all capable of astral projection, and that we have astral projected to this site to unite with you in ONE CONSCIOUSNESS. We stand united with you as ONE!

We, too, have answered this Clarion Call to gather at this sacred site to celebrate the Wesak Festival. We, too, are partici-

pants in Earth's Ascension Plan, and we, too, are Disciples and Initiates on the Path of Ascension. We, too, are participants in this ceremonial activation and initiations taking place over these three Wesak days. So, we are joined with you in totality and in our full consciousness as Disciples and Initiates to receive our initiations along with you, our Brothers and Sisters above ground.

This is a most awesome assemblage, and we are proud to stand here with you to bring TRUTH and LIGHT and LOVE to the Earth. Know that you are all welcome to visit Telos in your etheric forms at night. Just call on Adama, and request entrance.

We remain here with you until the conclusion of these festivities, when the last soul has departed this site.

YOU ARE ALL LIGHT
AS WE ARE ALL LIGHT,
AND SOON OUR TWO LIGHTS
WILL MERGE INTO
ONE GREAT LIGHT
OF PLANETARY ASCENSION.

12. Our Days In Telos

Awakening to Who You Are

We are awake at this early hour of dawn as it spreads across the Earth, carrying the sweet vigor of God's scent of hope and love to humanity. It is the time of birds awakening to the first rays of dawn, and chirping in anticipation of the new day to begin — just as you anticipated a new birth into the world of Earth, to begin a new incarnation filled with hope and love for humanity as you strive on your ever widening path of evolution leading to the stars.

In Telos, our days begin in meditation and prayer, and hope, as we conceive and create the beauty around us and in our lives. We bring all we conceive to fruition, as we, too, climb the path of evolution. The difference is, our climb is in heightened consciousness, for we are aware of our conscious movement on the spiral of life. We evolve consciously; and this is the difference between our civilizations.

As more and more Light envelops the surface of the Earth, you will find yourselves expanding dramatically, and in conscious attunement with Mother Earth as she also expands her consciousness to envelope all living things that reside on, and in, her body of Light. Yes, she is all Light, as you are all Light; as all life is Light in varying states of evolvement. It is this spiritual evolvement that is causing the confusion and chaos on the Earth plane, as those entities who are not prepared to evolve resist the energies that are pouring in. ***When Light is resisted, then pain and confusion exist in the hearts instead.*** So, open your hearts to the in-pouring of Light that is being given to you in this Divine Dispensation to dramatically bring all life up to "heavenly standards" of Light and Love.

We feel only Love for our brothers and sisters on the surface. We understand your sacrifices and the endurance that is necessary to exist in surface conditions. But it won't always be as it is. You and all life are in the process of changing dramatically, as all life is changing its frequency to Light — pure, white, golden Light from the Inner Heart of God. This is the Light that you already are made of, although most of you have forgotten.

Your many hundreds of thousands of lifetimes are coming together, and you are remembering. This is what "awakening" is all about. It is remembering who you are and where you came from, and why you are here. You came from the higher dimensions with a vision and a dream, and it is your dream that you are trying to remember — the DREAM OF LIFE — the DREAM OF ETERNITY — that is eluding you. To remember, just focus on yourself and see yourself enveloped in the white, golden light of perfection and beauty, and know this is you. Know that you are beautiful beyond words, and perfect beyond sight. Then bring this beauty and perfection into your vision, and see yourself standing young and tall, and serene and magnificent. For this picture is who you truly are in all your majesty of Light. In Telos, we see your Light. We see our own Light, and never lose sight of our Immortality. It is our inner sight that is the key to opening the doors of Immortality where we eternally dwell. Opening this door of vision will allow you to walk into the world of Immortality, and dwell there eternally with us as the brothers and sisters that we are.

Sundays are leisurely here in Telos, as we rest, relax, and socialize together. We take long walks and hikes through our tunnel system. We love picnics, and eat outdoors where the weather is always perfect picnic weather. Our living conditions are ideal, and we are thankful for all we have. We thank the

Earth and the stars and all planetary bodies for existing in such harmony and unity with one another; a perfect example for mankind to follow.

I leave you for now, and thank you for connecting to me at this early hour of morning, as the dawn spreads its wings across your sky. I am an early riser, so calling on me at this early hour is most perfect for us to communicate. We love you all with all our hearts, and soon our hearts will merge with yours, as we emerge from our hidden homes beneath the Earth.

Q: *All our households on the surface duplicate everything we use. Is it this way in Telos?*

In Telos, we share all that we have between households. We are a very integrated community, and delight in sharing our commodities with each other. This enables us to visit and to be together more often. The family isolation that you experience on the surface doesn't exist in Telos. We are one big extended family, borrowing and sharing all we have. For this, truly, is the way to God, knowing that each of us is, truly, ONE. Therefore, we strive to be loving and tolerant to all we come in contact with, no matter what the differences appear to be. For beneath the skin, and in the core, lies the Light of God shining for all eyes to see.

So, it is the eyes of God we look through when viewing one another, and it is the heart of God we feel through when caring for one another. For it is God's Light that we see in all, and it is God's heart that we perceive. This gives us great latitude. It gives us a great expanse in which to practice unconditional love, knowing that it will be returned many fold.

We are fortunate to have reached this level of unconditional love, and we have spent many lifetimes practicing it. Now that we've achieved Immortality, and can live for hundreds and

thousands of years, we have perfected our hearts and can radiate unconditional love continuously. This is our state of Being, and it comes naturally with no thought or effort.

This is one of the many bonuses of living long lives. What we perfect, we use; and what we use, we benefit from. We bring all our life's accomplishments together to use to our advantage to further our evolvement. This is why it is important to achieve Immortality; you then have the decided advantage of putting all your accomplishments to use so that you can truly experience a life of creativity and bliss.

We know you all long for this kind of life, and we will soon be surfacing to show you the way. We will guide you and show you the path of Bliss, where you can all walk, unencumbered, again. We are your brothers and sisters of Light and we love you.

Q: Is there a lot of celebrating in Telos?

I greet you on this beautiful spring day of warmth and wonder. Spring is that time of year that brings hope to all life on Earth. It is a time of beauty that brings our senses to glorious heights of sight and smell. The flowers and trees shed their winter foliage, and dress in their spring gowns of beauty and fragrant scents that are so pleasing.

We also celebrate the spring as a season of awakening to new life, and the potential of realizing new dreams and satisfying new desires. Spring is a harbinger of love, and in Telos, it is a time when we openly display our love for each other in a myriad of ways. We are always celebrating here in Telos, for we believe in the continuous celebration of life, the continuous celebration of displaying our love for one another and our appreciation to each other for being a mirror to our soul.

We celebrate holidays with our families and friends. We

gather together in our houses and have feasts, and give thanks to God for the abundance ON Earth, and IN Earth.

We come together often, at intervals, just to socialize and eat. Our feasts are full of many varied vegetable dishes, since we have eliminated meat from our diet. We dance and sing, and have wonderful festivities in our homes beneath the Earth. We are a very social and gregarious people, always wanting to be together and sharing life's joys. For joy is all we know, and all we allow into our lives. Anything less than joy is just not in our mass consciousness.

We wake up with love in our hearts, and go to sleep at night satisfied with our daily service of love to each other. You on the surface will soon learn to openly display your feelings of love for one another, and to gaze directly in each other's eyes and see the soul behind the gaze, and know that this soul and yours are one.

We Bring Our Dreams to Fruition During Our Lifespans of Hundreds and Thousands of Years

It is early evening here and we begin our dinner with a prayer to God for the abundance we have found in the Earth. Our Earth is a great provider, giving us unlimited amounts of riches from both below and above ground, if you but know how to use the Universal Laws.

Our home life is similar to yours in many simple and diverse ways. We always give thanks at mealtime, and always eat foods rich in nutrients and life force. We like to socialize after meals, and often sing and dance together until dusk, when we go home to our own houses. We go to sleep early, and tend to rise with the dawn. Our schedules vary as our interests differ, and we choose our schedules according to our interests and needs. We

are highly responsible when it comes to working, and we arrange our own schedules to fit our lifestyles. Our lifestyles are challenging to us, as we create our dreams during our waking hours and weave them into our reality, and watch them come true during our lifetime. We can easily do this, since our lifetimes are long, and we can bring many dreams to fruition during our life span of hundreds and thousands of years.

We are an inventive people by nature, and experiment with life continually as we evolve closer and closer to God. The closer we evolve toward God, the more we experiment with life. And the more we experiment and evolve, the more possibilities appear before us in unending experiences. Experience leads to growth, and growth leads to evolvement. So, our lives are filled with challenges as we continue our evolvement underground. We are fortunate to be able to evolve in security and peace, and soon these two elements will be prevalent on Earth, and you, too, will begin to make mighty strides in evolution.

All We Dream, We Create

In Telos, we grow all our own food using the water and sunlight from our Earth. Our water is sparkling clear, pristine, and clean; and our sunlight is the full spectrum of light, which nurtures and nourishes both plants and our bodies.

We are all healthy and strong, and work hard caring for our environment. But what we term "work" is different from your definition. For our work encompasses both joy and skill in carrying out our day's projects. We set aside a certain number of hours to complete our daily work chores, and use the remainder to indulge in our hobbies and creativity.

Creativity plays a large role in Telos, and is on an equal footing with manual labor, for we believe in balancing life's ac-

tivities. We believe in participating in all we do with great joy, and indulging our creativity by pursuing all we can by pursuing all opportunities. Through our long life spans, we have all demonstrated that we can create just about everything we could ever desire. We have all demonstrated our various talents in many different and diverse areas. We utilize all our talents, all our creativity, and all our special skills for the benefit and welfare of all in Telos.

Our lives are very joyous! We spend a lot of time outdoors in our communities. We spend a lot of time socializing and helping each other. We spend a lot of time visiting and training our youth to develop their talents and skills. We are a homogenized group, blending easily and well with one another to reap the fruits that life offers. And life offers a lot. Life offers all you could dream of. Life supplies all you could possibly want.

The purpose of life is to dream, and in the dream, to create all you've dreamed. Well, this is what we've learned to do. We've learned to create the DREAM OF LIFE. For we've kept our thoughts pure and in harmony with the Creator. Therefore, ALL WE DREAM, WE CREATE, and ALL WE CREATE, WE HONOR. For all life is sacred, and all of life's activities are sacred. All we put our mind to, we accomplish. The key to our success is the purity of our thoughts and our love for life.

We know the conditions on the surface are in contrast to the environment in Telos. And yet it's possible for you to live beyond the density you feel on the surface. It's possible for you to fly above the discord and chaos by keeping your sight focused on the Stars, and your heart in tune with the melodies of the Creator.

All of us in Telos are in readiness to receive visitors from the surface. We pray for this time when we can open our doors

to all who choose to come here. For in truth, we are all brothers and sisters who have been separated by the Earth's stratum. So, whenever you are weary, just focus on your brothers and sisters in Telos, and draw from us your strength. For we will soon be working alongside of you on the surface, guiding you and showing you all that can be.

Q: Do you have locks on your doors?

We don't lock our doors at night, nor do we have a system of locks and bolts or people patrolling our streets. Indeed, it is very safe here in Telos, as we all know one another as Children of God. So we don't need the devices and systems for protection that you have need of on the surface. When all mankind realizes that all humanity comes from the same source, and that we are all brothers and sisters, then the need for protective devices will recede, and your streets will be safe again. Until that time, do keep your safety features intact, for there is danger on the surface that doesn't exist here in Telos.

Spend time meditating in your homes, and focusing on the Light pouring into your form. You are all Light Beings, here on a journey through life, stopping on Earth for but a brief moment in Eternity. Soon we will be with you on the surface, helping and teaching you all that we know.

With or without safety devices, you are all safe in the hands of God, whether you realize it or not. For in truth, nothing ever can happen to you, for your soul is immortal and you are on an Eternal journey through life. So rest assured in your immortality, and be at peace in your heart. I love you.

Q: Will I ever be able to live in Telos?

Know that it is early morning here in Telos, as the Light is gently creeping in. We awaken to our Light of day, just as you on

the surface awaken to your Light of day. We awaken to the same Light of day, the Light of the Creator, that showers forth from the heavens above and below. For Light, truly, comes from within, no matter where you are on the planet. Light is the great force of the Creator, and it is our attunement with the Creator that generates this great Light force.

Telos is no different from the surface. Our Light is no brighter than your Light, only that perhaps our hearts are opened wider to the Source of all Creation, and we acknowledge this Source perhaps more consciously than you. So it is our consciousness of where Light flows from that creates the difference, so to speak, in our lifestyles. But as humanity awakens more and more to the Light, there will be more of an integration of our lifestyles, since we are slowly surfacing now, and bringing forth our fuller consciousness of the Creator and His purpose for us all on the Earth.

The time is coming when our two great civilizations will merge; where all technology will be ONE peaceful technology of life, giving substance and holding together the fabric of form necessary to create and satisfy our needs. And so we look forward to this time when more of us will be able to live on the surface, and some of you will be able to live beneath the surface with us. We welcome this exchange! We pray for this time that is soon coming. If you are interested in coming to Telos at night during your sleep state, just call on me before you go to sleep, and request admission to Telos, and I will receive you. You are all Telepathic Beings, so when you center your thoughts on me and call to me, I hear you. Know this for a certainty, as our channel is just integrating this into her consciousness with a certainty. We leave you for now with blessings from all of us here in Telos.

13. Our Governing System

Q: *How is Telos governed?*

Know that in Telos, we are governed by a Council of 12 Ascended Masters. This is a magical number. Twelve is the number of completion. All our councils operate on the basis of this number. We convene our councils on a regular basis, according to the needs of our population. Sometimes special meetings are called to meet emergency situations that arise, similar to the surface. All our people actively participate in our type of government on a rotating basis. This experience enables all to develop their leadership skills.

Our councils maintain the extraordinary capability of solving even the most complex of problems, due to the wisdom we have accumulated during our long life spans. You, too, on the surface, will begin to accumulate wisdom as you live longer and longer lives.

Your Tax System Is Fraudulent

As you know, there is no tax system in the subterranean cities or in the Hollow Earth. We are tax free, and everything we need is generously given to us from Mother Earth herself. It seems ludicrous to us to have to pay a tax on fruit from our Mother's garden or grains from her fields, that she yields so generously. We wonder at the reasoning behind taxing the foods that are supplied from the Universal Food Basket of Abundance, and denying people their share.

Here in Telos, all foods and commodities are free, and are freely given or bartered for. This way, everyone has everything they need to live a life where all necessities are met, and which results in freedom of time to live and develop our creativity. We

don't think about money or taxes, so our thoughts are free to roam the universes.

In Telos, we go about business in complete alignment with Universal Laws. We know that your tax system on the surface is fraudulent, so we don't participate in it. We don't ever tax anyone for anything. Our laws and regulations are direct from the Creator, and it is the Creator that we answer to. There's no "middle man" in the way. We bring all our business concerns to our councils, where we resolve conflicts individually and according to Universal Law. This way, only justice is enacted and only justice results. We are very particular about our business connections, and seek only those "contracts" which are aligned with Universal Law. There is no profit ever gained at the expense of another, for we all are that "other", and by protecting others, we protect ourselves.

We are saddened by the state of affairs on the surface. You have become slaves to a corrupt system of usury. You have unwittingly given your power away, and work long hours to pay debts that you don't really owe. We believe in democracy, and the right of all human beings to live in peace and with abundance, and in a system supported by justice for all.

We are Free of Income Taxes

We acknowledge your sovereignty and desire to be free of income taxes. In Telos we pay no taxes, nor is such a thing ever considered.

We are a free people, each and every one of us, and equally responsible for the economics of our society. Everything we need or use is exchanged through our Barter System. This system acts as an "even exchange", so that we can freely obtain and trade for whatever we need. This gives us great latitude and freedom in

our exchange system, and makes bartering “fun”. No one is deprived of anything, nor is anything ever taken from us.

We value our freedom above all else. We would never allow a system of taxation to exist, for it would deprive us of our inalienable right to life, liberty, and the pursuit of happiness. Sound familiar? You on the surface have been duped by your government into believing that you have to pay taxes. Nothing is further from the truth. For in truth, you established your government so as not to be burdened by taxes. You are all free — you just don’t know it.

In Telos, all our goods have equal value, and we “price” things within a certain range so that they can be exchanged for a variety of items. All domestic items are made by us, and we “import” only technological equipment when we need it, and then return it when we’re done. It isn’t necessary for us to “own” everything we use, such as is your custom on the surface. We share what we need, hence “eliminating” the factory production system and long hours of conveyor belt work. Our life is easy, providing all we need in half the work time.

14. Buildings And Technology

Our Houses Are Round

We are your brothers and sisters, contacting you directly from Telos, a subterranean city beneath Mt. Shasta in California. You are all aware of our location by now, and we are beaming our thoughts to you on the surface. We beam our love to you daily as you go about your business trying to survive on the surface. We go about our daily business, too. Only it isn't on a survival level; it is on a pleasure level, where everything we do is a pleasure to us, since everything here is joy and bliss.

Our homes are just like your homes, although ours are round and made of a certain crystal-like stone that emits light and allows us to see out at all angles and in all directions. They are formed by a substance that prevents others on the outside from looking in, thereby maintaining our privacy at all times. This is most important to us in Telos, for we are private individuals, just as you on the surface are. We are private, and yet we love to socialize and get together in groups for parties, and to just sit around as you do on the surface, visiting with one another.

We are broadcasting to you daily, even minute by minute, sending you our Love and Light so that you, too, can enjoy feelings of great warmth and comfort, and security and peace, as you go about your surface business. Align your thoughts with us, and with the Cetaceans throughout your day; as we both are aligned with all of you, hoping to capture your attention in our thought-frame and to signal back to you our response. So stay alert to us even as you go about your mundane chores, for all life is connected, and all life is alert to all other life vibrating around it.

There are many of you now on the surface waiting and won-

dering when Adama and the subterranean people are going to emerge and join with you on the surface as Sharula has already done. Well, we are waiting and wondering that, too. Although the Earth's mass consciousness has risen greatly in a very short space of time, it still is not quite high enough to allow us to safely emerge. So we are reaching out to all of humanity in a great effort of love, to open their hearts to us and to the wonders of the universe that lie hidden in their souls. This is the Great Awakening, and it is an awakening to the wonders of all life in existence, and to the great wonders within us all. For we are all wondrous Beings, full of God's Light and God's Love, just waiting for our reserve to be tapped — for it to spill out to the surface of our consciousness where we can finally grasp our potential of wonderment for ALL WE ARE.

We love you and we await our merging with you soon. Until then, please think of us and send your thoughts through the Earth where they will reach us directly.

We Use Crystals to Navigate Inside of the Globe

Know that in Telos we strive to be in unison with one another daily. This is easy for us to do, for we are conscious of our thoughts and feelings much more than you on the surface are.

We have what you would call a windshield. Our atmosphere is protected by the Light of our thoughts, which are always in harmony with God and the Earth. Our thoughts project a protective layer around us that tempers the elements and brings us the perfection of our climate. We use crystals to navigate our way around the inside of the globe. We use crystals for all our needs. These crystals direct and guide us, and bring into unison all that we need. Our sky is bright from the projection of our crystals and our thoughts. We don't have clouds or rain. We have an abundance of water for all our needs that is pure and

clean, and we bless the Earth daily for this abundance. We go about our daily business in Love and Gratitude for all we have.

You, on the Earth, are afflicted with drought and winds, and drastic temperature changes due to your destruction of the planet and your thought forms. However, this won't last much longer, as the energies that are coming in will soon reverse all this so that you will begin experiencing the Love and the Light that you all deserve to feel. All will be brought into harmony, as you once again feel your Divine Selves emerging into the Light. These changes are reaching a rapid pace, and a crescendo is occurring that will throw you all into the Fifth dimension.

We watch and wait and send you immense thoughts of Love. We leave you for now in the Light of the ONE Creator.

Q: Where does your Water supply come from?

The Mighty Atlantic carries the life force from the Inner Oceans to your shores. As you inhale its force, you bring energy to your body and to the Earth. This is the great force of life; its waves ever lapping your shores.

In Telos, we use this same energy from the Inner Earth Oceans, which flow through the Earth and into our streams and lakes and caverns underground. We harness this energy, and use it to operate our machinery and create our atmosphere underground. All our technology is operated naturally, with no residue of pollution or waste. Therefore, our air is always perfectly clear, and clean to breathe. We don't use air filters (purifiers) in our homes, as you on the surface do. We once had openings to the surface bringing in some of our air supply, but the air coming in was getting increasingly polluted, so we shut this system down. We now produce all our own clean air, not depending on the surface openings anymore.

We travel to the Inner Earth and enjoy its oceans and mountains. It's just a short trip for us, taking under an hour through the tunnels. The Inner Earth is a free zone territory where many different Beings congregate. It is luxurious and peaceful, and one of my favorite vacation spots. Adama goes there often on business to take part in Great Council meetings concerning the welfare of Earth.

We have vast reservoirs of water at our disposal from underground lakes. We pipe this water into any location we choose. We have lakes everywhere possible in Telos. We have small lakes and ponds with fresh running waterfalls dotting the landscape. Waterfalls keep the air circulating.

Know that we don't erect dams. We use the water as it pours in, and there is a control mechanism that controls the amount of flow according to our needs. The sizes vary, depending upon the area and its usage.

Q: What kind of Technology do you have?

Know that Telos is not that far from you. We are just underground, a mile or so beneath the surface. The Earth is a great conductor, and your telepathic thoughts can easily reach through the Earth's stratum to us whenever you wish to connect with us.

Notice the erratic weather patterns on the surface, i.e., how one day it is bright and sunny, and the next day it is blustery, cold and windy. These erratic changes are due to the Earth's shifting into a higher dimension of life. As the Earth shifts, she shakes, and the shaking is what you feel above ground. We here in the subterranean cities do not feel these erratic shiftings and shakings, because of the technological structure of our underground environment. Our homes and cities are purposely built to withstand the Earth's movements as She rises in conscious-

ness. Our technology is very advanced compared to the surface, and we have special equipment that perfectly aligns our homes and buildings to the Earth's magnetic grids in such a way that stabilizes our structures so that they are earthquake safe. Otherwise, our cities would have caved in centuries ago.

You, too, will have this earth-saving technology when we emerge from our cities and come to the surface. We will bring all our technologies with us in an effort to stabilize all structures on the surface where people have gathered in preparation for entry into the Photon Belt. This will be our contribution from BELOW, along with many other wonderful technologies that we will bring, such as a conduit from our water supply below to filter and clean your water supply.

Our pristine clean water comes from the oceans located within the Hollow Earth, where fresh clear water abounds in plentiful supply. We tap this source of water, and use it in Telos and in the other subterranean cities for all our needs. There is clean water in the Earth for all who reside on her body, whether internally or externally.

We also have the technology to purify the outer oceans, and clean the outer air of pollution. We will bring all our technologies with us when the time comes for us to emerge. All is not lost. The Earth will be saved, and will be habitable for all life again, although in this time of which I speak, all life will reside in a much higher state of consciousness in a higher dimension of Light.

These will be some of our contributions from below, as we merge with you from above. We have so much we want to bring to you and to show you, that we, too, become anxious for our emergence to begin. So far, there are just a few of us on the surface, but as your mass consciousness changes, more and more

of us will emerge to work with you on the surface; Adama included. Yes, Adama will also be coming to live with you above ground when the time is right. Until then, Adama will continue to monitor your surface condition, and will continue to be apprised by others of all that transpires.

So, call to us, even though we are yet below ground. Let us make a love connection now, so that when we are with you on the surface, we will be familiar and our hearts will be connected as ONE.

Saint Germain on Subterranean Technology

"The tops of the highest buildings are in some places fully 125 feet beneath the surface. Air passages have been kept open, and always give perfect ventilation. Within this SUBTERRANEAN CITY have been perfected some of the most wonderful achievements in chemistry and invention, the outer world has been privileged to receive. Whenever this has occurred, some worthy man or woman has been found through whom the world has been privileged to receive These Blessings."

(From the book: *The Magic Presence,* pages 326-327, The Saint Germain Series)

The Surface Population Is Still in the Dark Regarding Past lives

We are very evolved Beings, living many lifetimes in one. We go about our business in harmony and love, and reap many benefits that accrue during our long life spans. Our lives span many centuries of your time on the surface; therefore, we're able to accomplish much more in our lives. We can use all our lives to our benefit, because we are able to go back to our previous lives through our amino-based computer system to recall the past. This is a system that's used throughout the Cosmos, and

Earth is one of the few planets that still is in the dark regarding access to past life experience. This is a technology that we, from the underground, will be bringing to your surface when we emerge.

Connecting to your past lives and learning from your lives' lessons is necessary to this current incarnation. So be prepared for this great adventure of tapping into your past lives. There are many other marvelous technologies we will bring that will make your lives so much easier and more joyous than you can imagine. For we've protected all our past-life knowledge that we brought with us when we left Lemuria for the underground cities of Light. Everything has been preserved, and we will bring it all to the surface when we emerge.

We will bring all, and share all; and in the sharing, you will know all and be without fear. For God's love encompasses us all, and God's Light shines on us all; and God only wishes you to evolve as we've had the opportunity to evolve before you. So be prepared to experience the most glorious life you can imagine in tandem with us — your brothers and sisters from your past.

We Go on Jaunts into Outer Space

Adama is here, radiating Love to you from Telos, your sister city beneath the surface of the Earth, under Mt. Shasta in sunny California. Yes, sunny. Our sun is bright and gives us all the Light we need. Although it doesn't look like the sun on the surface, it reflects all the Light we need to live and to grow our food. In fact, this Light is a crystal that we brought here from another planet, and it will burn brightly for a million years. So you see, ALL LIGHT IS ONE, no matter what it is composed of, or where it is from. All Light gives off "life rays", and nourishes its inhabitants. So yes, it too, is sunny under the Earth, and we enjoy our "Sun" just as you do on the surface.

The people in Telos report to each other on the condition of our home planet, as we are all employed in the monitoring of it. We all go out on "jaunts" into outer space, where we survey our planet from all angles and time frames. We see the pollution and the disturbance upon Her, and we register these on our computers. This information is then fed back to those of our fleet who are in command of the Earth Operation for processing and consultation. We all take a part in overseeing our planet, and working with the Confederation in this endeavor.

You, too, on the surface, will be doing this soon when our two civilizations merge, and Immortality is the accepted way of Being. Then you, too, will go out on "jaunts" to survey the planet and monitor its life. This will be a great leap for humanity, and we will be ready to train and advise you in this new area of outer space travel. This will be exciting for you; for then you, too, will be able to see your planet first-hand from outer space. You will see the oneness, the connectedness, and the majesty of the universe, and you will be in awe at the greatness and grandeur of God's Plan. This breakthrough will change the course of history from one of war to one of peace; from one of need to one of fulfillment; from one of travesty to one of majesty.

So come with us, as we all journey together on our home planet and meet in the Sun of God's Light for the benefit of humanity ON and IN the Earth. I welcome you to join us on this trip to the Stars.

Our Computer System Links Us to the Confederation

Know that the Confederation of Planets works closely with the inhabitants of TELOS. Know that we are in constant communication with them through our Computer Systems. Know that we monitor the whole Earth surface and below the surface.

Someday soon, you will have access to this vast computer system that's based on amino acids, and you will be able to plug into our vast monitoring network in the Cosmos. Then you will have the information and guidance you will need to stay in a state of balance and harmony with the Earth. This is all waiting for you, waiting for the energies to bring you and all life forms into the necessary state of consciousness that will allow us to implement this grand plan of bringing forth to you our vast computer system that will network you to the Stars.

15. Food Production And Consumption

Q: How do you grow and distribute your food in Telos?

Know that in Telos, food production takes priority. We are all trained in growing and producing food. We have a very varied diet, eating only those foods that contain the life force in them. Hence, we only eat vegetables, grains, fruits, and nuts. All meat is banned. ***You on the surface are still eating dead foods — foods that no longer carry the life force.***

All in Telos work in the hydroponic gardens growing our foods. We all take turns developing and experimenting with our crops. Once the food is grown, it is then taken to our distribution center where everyone comes to pick up their supplies.

We don't freeze food as you do on the surface. All our food is eaten fresh, for this is the way that all nutrients are consumed. Every day people pick up their food for the day. It is easier for us to "shop" every day for our food. Since our workday is only four hours long, we have much more time available to tend to our nourishment and health.

We have time to cook nourishing foods, time to exercise, and time to indulge in our creativity. This slower pace has many advantages. We don't have the pressure and stress as you do on the surface. All we do is in harmony and peace. Our lives are tranquil and in tune with the Creator.

All that we use in the production for food consumption is re-used. We have no land fill sites as you do on the surface, because all we use is recycled over and over again. This is the advantage of having advanced technologies. All that we use, we

re-use. For nothing is wasted or over-produced. All is in harmony with nature, and all we do supports nature.

Nature, in her glory and abundance, bears great quantities of food. ***Nature, left alone, produces abundance.*** So, we live close to nature, and follow her rhythms and cycles in the food chain.

First and foremost, we are all trustworthy and responsible workers. We cherish the Earth, and all our food production is carried on in honor and respect for the Earth's resources. We don't use paper or plastics, nor do we wrap our food in any way. Our food is produced and then delivered directly to our distribution centers. This way, all that we use can be immediately replaced. It is all computerized through a master food computer that keeps all of our dietary requirements in mind. Of course, it is all guided and directed by our people who take turns in shifts in different areas of "household" work.

All our food is grown and produced by us. It is pure, and free of chemicals and contaminants. We practice organic gardening, as it is the only way to survive and still retain our full consciousness. We do use containers to store our food, and these containers are used over and over again. We never discard anything, nor do we ever bury anything in our soil; for the Earth is alive also, and we respect and protect her.

So, our way of producing and distributing food is vastly different from yours, as we have technology that far surpasses yours. We thrive on our way of life, and we invite you to join us at our table when you do visit us here. For we shall share our feast of life with you, and you will delight in its simplicity and taste. We welcome you all to Telos, where we will entertain, and show you the wonders of living in a higher state of consciousness.

Q: Do you cut down trees for paper?

We depend entirely upon our amino acid based computer system to carry out all our activities. We don't use trees for paper, but grow hemp instead. We never cut down a tree, as this would be tantamount to killing another life form. All the products we need we make from hemp. We have many products that you've never heard of on the surface, and we make them using our superior technologies, which are pollution free.

No one here stands in assembly lines for long hours a day. Instead, we have reduced our work days to a minimum of hours, so that we have ample time for extracurricular activities and can rest and play and socialize with others. Socializing is most important to us, and strengthens the fabric of our relationships with one another. Our social structure is what holds our society together. For without binding relationships, a society disintegrates.

Know that you are composed of many layers of Light, the densest of which is the physical layer or physical body. The layers of Light that resonate above the physical, resonate with ever-finer vibrations of Light particles. These layers, together, compose your Light Body. You are vibrating at a higher resonance in your etheric body when you step out of your physical one. Your etheric body is composed of Light particles vibrating at a higher velocity than your physical one.

It is for this body, which is composed of Light vibrating at a higher rate, that you are exercising care and providing nourishment through your eating habits and with the foods you eat. Heavier foods will lower its rate, while "lighter" raw foods will raise its vibratory rate. You vibrate according to the Light Quotient contained in what your body assimilates. You control your electron spin, so to speak, by what you eat. Your Light Body

is accessing the higher dimensions, while your physical body keeps you grounded on Earth.

In Telos, we eat a varied diet of fruits, grains, and vegetables. Our meals are tasty and delicious according to your dietary standards. We serve only organically grown foods, as this is the only way our farms produce food. We are technologically advanced when it comes to food production, and we know how to grow the healthiest foods using the best farming methods. Our technology allows the land to breathe and maintain all its vital vitamins and minerals that are so necessary to good health. We use crop rotation and hydroponic farming to grow all our own food. We don't import or export foods as you do, and we eat only locally grown crops.

You on the surface are depleting your land, and bringing disease to your bodies as a result of using chemicals in your food chain. We, on the other hand, use only the healthiest crops from the healthiest soil. Our land, water, and air are of the purest form, and result in only the highest quality foods possible on a planet. So our bodies are enriched and rejuvenated after each meal, and we don't get tired after eating as you do. We also put nutrients directly into our food chain through water.

16. Climate, Weather, and Affecting Thoughts

Our Climate Is a Factor in Our Evolution

We greet you on this fall day in September, when the leaves are turning orange and falling from the trees. In Telos, it is ever green, for our climate never changes! We celebrate spring all year around, for our foliage always stays green and our flowers are always in bloom. Such is the weather pattern in Telos. Our temperatures range from the low 70's to the middle 70's, making it very comfortable each and every day. We're able to wear light clothing all year round, and we never get too hot or too cold. We have created an ideal climate underground, protected from the radiation of your sun and ravages of inclement weather conditions.

Our stable climate is another factor in our accelerated evolution underground. For this stability gives us a much wider reach in which to develop our talents, and to do what we want to do, when we're inclined to do it. As a result, we can take advantage of our inspirations and act in the moment instead of waiting for the ideal weather conditions in which to pursue some activity. It's a definite advantage that promotes growth in the "now". ***It is always "now", here in Telos, because we've learned the Universal Law of doing and acting in the moment,*** rather than putting things off for a future date — such as you practice on the surface. For life is meant to be lived in the present moment, when you can take advantage of all forces coming together to create an opening and an opportunity for advancement along your path.

Climate plays an important role in the development and progress of a civilization, and our climate allows us to move as quickly as we choose through life's activities, without impeding

our flow. So envision your climate as stable and ideal, and yourself as a bastion of strength being moved along by a gentle breeze of encouragement and inspiration on your path to the Stars.

There Is a Connection Between Your Lives and the Weather

Now we will talk about the climate on Earth, and why the balance is precarious at this time.

All planets have distinct weather conditions. Some are mild and some are harsh. The milder the climate, the more adaptable that planet is to life forms. The harsher the climate, the more formidable it is to evolve in physicality and spirituality.

Up to now, your planet's climate has been mild, and life has been easy for all. Now, the plates of Earth are shifting, causing destruction, and the weather patterns are severe in intensity, causing flooding, earthquakes, and hurricanes. The only way to quell these storms is through your concentration on God, the Creator of All, and by standing firm in your knowledge of Immortality. For ***no matter what happens around you, know that you are safe in God's arms.*** Your soul knows no decay or death. It is only your mind that imagines these things.

On the surface, you experience great fluctuations in your temperature, with enough variation to cause hardship. Your surface weather fluctuates to such a great degree that it has gone out of control, similar to the loss of control your lives exhibit at times. For there is definitely a correlation between the lack of stability exhibited in your lives, and the weather patterns.

As you think a thought, it goes out into the ethers, where it gathers energy and then returns to you. It parallels the weather patterns on Earth, where your negative thoughts go out and gather negative energy, bringing the negativity back to you on

its return trip. So all this negativity is churning up the surrounding ethers, and causing the erratic flow of weather where negative thoughts have been trapped and are seeking a means of release. Volcanoes and earthquakes are one means of releasing this trapped negativity that's been stored in the Earth for millennia.

We experience no fluctuations in the climatic conditions in the subterranean cities beneath Earth, because our environment is closed and protected from the forces on the outside of the planet. We are in a womb, so to speak, where we are comforted and cradled, and nurtured. This is the best way to evolve. This is why we don't allow surface folk in, because we are protective of our unique environment. You, too, could create this on the surface, once you recognize that humanity is ONE.

The weather in Telos is always balmy and cool. It is always perfect. For we, here in Telos, keep our thoughts in perfect unity with Mother Earth; and She, in return, gives us back Her perfection. We are blessed by the Earth, for we bless and caress Her daily with our thoughts. She is a Great Mother, and will always perfectly care for Her children when they perfectly care for Her.

For life is a circular ladder, which, when climbed in harmony and love, will bring all on its rungs to higher states of evolution. So climb with us. For the steps are many, but our hearts are ONE.

Your Erratic Weather Patterns Are a Reflection of Your Thoughts

Adama is here on this spring-like day in autumn, when the foliage reflects the colors of the rainbow. We, too, are enjoying our Indian Summer, which lasts all year round. We love our "climate", and we keep it pure with our thoughts.

On the surface, your thoughts are running wild, with the chaos and fear being reflected back into your weather patterns.

As you erupt, your volcanoes erupt. As your emotions swing to and fro, so do the hurricanes and rain storms. As you pause for breath and feel calmness sweep over you, so does the weather pause to bring you peaceful, sunshiny days.

So all you think and feel regulates (or should we say de-regulates) the weather patterns. The Earth is a great reflector, and She reflects the thoughts and feelings of all life on her body. As you center yourself and "dig in" to Her feelings, you can calm the storms and stop the relentless battering of rain, or render harmless the tornadoes and hurricanes. You have this power of connection to the Earth, and you are here to help her maintain balance and regain Her composure as a Great Being of Light.

Earth was quarantined and erased from sight by those who tried to control humans. When other star systems scanned the position where Earth was located, they registered only empty space on their screens, as if Earth didn't exist. This quarantine has been removed, and Earth now reflects Her great majesty into outer space for all to see. Earth is a great body of Light, and as each Light-worker begins to awaken, Earth's Light shines brighter and stronger.

Adama watches the surface closely, and reports any anomalies to the Confederation. We try to keep the Earth disturbances as non-disruptive as possible.

Know that the weather in Telos is always the same, as our lives are always balanced and stable. The weather conditions on the surface mirror your state of mind, and reflect its irregularities and dips in consciousness. In order to stabilize your weather patterns, you must calm your mind, and feel the love of God penetrating you. It is this love that balances and nurtures you, and keeps you on an even keel — as with the weather.

When you are always in the love-state, and feeling balanced

and nurtured, then the weather will mirror this state, and in return, be calm and soothing. For you are a reflection of the macrocosm, and the macrocosm is a reflection of you. You determine all conditions surrounding you, as you set up the parameters for all things to interact.

We say this to you because you have noticed the high winds and unending rains causing floods and destruction. These conditions can be reversed by calming yourselves, and moving peacefully and steadily through your life day-by-day. ***There's no need to hurry or rush into anything, since all remains where it is, and no one is ever going anywhere, since there's nowhere to go.*** There's only the dimension you're in at the moment.

Notice how time seems to float when you're calm and at ease with yourself? Well, time really does float, and the more you're in this frame of mind, the more you'll experience the floatation of time as it rocks you back and forth gently through each of your days.

This is how our life is in Telos. We just float through the days, relishing every single minute, and not noticing at all the passage of time as it eludes us on our daily journey through life. Every moment is potent for us, and we live completely in the present moment, seldom thinking beyond this time frame.

You, too, will learn to detach yourselves and float in the "now" of life as you journey ever-higher in consciousness. *I am Adama,* your brother out of time.

Your Thoughts Can Move Mountains

I am Adama, here with you on this sunshiny day in the fall. Know that the outer world is beautiful at this time of year, as the foliage turns colors and falls to the ground.

We, here in the Inner Earth, know only sameness, stability,

and peace. The leaves remain green, the flowers continually bloom, and the sun always shines. There is great predictability in our weather pattern, and we can always depend on perfect weather!

You, on the surface, are assailed with gigantic winds and tornadoes, flooding, and earthquakes. The elements only mirror your thought patterns, which are erratic and unstable in nature. As your thoughts tune-in to the Creator, your weather patterns will stabilize and decrease in intensity. You've heard the saying "your thoughts can move mountains", well, indeed they can; and have caused mountains to move, volcanoes to erupt, and have been responsible for mud slides and tidal waves, and all weather pattern disruptions.

In contrast, in Telos, it is always very peaceful and serene. Our thoughts are always pure, and our hearts are always connected to the Creator. We only experience peace and tranquillity throughout our days. You, too, can experience peace in your lives by always focusing on your heart center, and finding the God Presence within your very own "I AM PRESENCE". We urge you to stay within your heart center as you move throughout your day, and it will bring you the peace you long for. We wait for the time of our connection above ground. Until then,
I am Adama.

Part Four
Travel and Transportation

17. Electromagnetic Vehicles and Underground Passageways

Saint Germain: "Beloved Ones! Does it sound incredible to you, when I say the Masters of Light and Wisdom have passages through the Earth in all directions, just the same as you have highways for your automobiles in going from coast to coast on the Earth?"

(From the book: *The "I AM" Discourses,* page 202, The Saint Germain Series)

Q: Will you tell us about the tunnels and your transportation system?

We greet you from Telos beneath the Earth. We are here, too, as your planet flies through space, carrying us all on our journey through eternity. We wait and watch, waiting for the moment of entry when the Earth meets the Photon Belt. We hope to be on the surface well before that moment arrives, and our plans are set for that moment of emergence when we all journey to the surface. We are not that far away, and it will only take us minutes to make the trip from our homes to yours!

There are tunnels intertwining throughout the planet,

connecting every large city or state. Therefore, we can reach most of our destinations within hours, if not minutes. You, on the surface, will be surprised at this underground network of passageways that have been used for eons to connect us from below. We are more connected below than you are above. We can travel anywhere and any distance, freely, and within a very short time span. You, however, must make reservations, pay large sums of money, and spend days at airports and train stations, or in cars — along with all the air pollution your vehicles create.

We, however, use electromagnetic energy and crystal energy to navigate our way around the inside of our globe. Our energy is all free and "clean", causing no air pollution, waste materials, or debris.

Our transportation system is the same we used when we were above ground. We brought the plans and technology with us to establish beneath ground. This gives us great latitude in our travel, and allows us the freedom to be at any location we choose at any time. What a wonderful way to experience freedom! We also travel anywhere we choose through our thoughts. We are capable of astral projection to any locality of space or time. So, we experience freedom on many levels, not just physical. ***Freedom is the issue of the 21st century, and experiencing freedom is what we are coming to teach you.***

So keep your minds and hearts open to our existence, for very soon you will find us on your doorsteps, beckoning to you. We look forward to joining you in your homes on the surface, where we can work together as one to bring freedom to all who choose to experience it. For it is only through choice that freedom exists, and when enough people consciously choose this way of life, then we will be able to come forward from below and teach you how simple it is to achieve. For with freedom comes the true joy of living. Without freedom, there can be no evolu-

tion; and without evolution, there can be no continuation of life. A species either evolves or dissolves. There can be no stagnation involved. So here is your opportunity to evolve in ever-swifter spirals.

Just focus your thoughts on freedom, and experience how rapidly your life changes, for it is all in your thoughts. It is your thoughts that bring about the material changes. For thoughts are light, and light is energy, and energy becomes matter as density solidifies.

Freedom is a tangible thing that can be felt and seen and experienced. And soon, with our help from below, all on the surface will be experiencing the glory that freedom brings. We, here in Telos, experience this daily, and are always joyous, jubilant, and excited about life. For once you taste unlimited freedom, and I mean unlimited in all areas, then you cannot but feel the expansiveness of creation. And feeling this spaciousness moves you into its expanse, and you experience the joy of creation — you experience the God sense of creating a blissful existence right here on Earth. So this is what we intend to bring to you, once we surface and contact you in your homes. So please wait for us, and don't ever despair. For we are near, and can communicate with you at any time. Just open your hearts to us, and you will hear us. Just go into meditation and call my name, and I will be there with you, and will listen to you. Speak with your heart, and I will hear. Listen with your heart, and I will respond. *I am Adama,* your brother underground.

We Use Electromagnetic Vehicles to Travel Through Earth's Tunnels

Know that in your oceans there are hundreds of millions of life forms. These life forms create a complete and balanced ecosystem, just like the one in the Hollow Earth. Although the

ecosystem on the surface is deteriorating due to humanity's negligence and greed, the ecosystem in the Hollow Earth is perfectly functioning and intact.

We advise you of this so that you will not panic in the face of Earth Changes. For when they speed up, we will be here with you, bringing all that's necessary for your survival. We will have a complete link-up with the Hollow Earth civilization, including their oceans, which are clear and pure, and uncontaminated. We will install pipelines that will bring this pure water directly from the Hollow Earth herself, so that you will taste the sweetest and cleanest of water, and you will rejoice! These pipelines are already in place, waiting for the final installation instructions for placement through the upper layers of the Earth's stratum, directly above land.

We also will be receiving fresh foods from the subterranean cities and the Hollow Earth. We have installed conveyances to carry these supplies through the Earth's tunnels on our electromagnetic vehicles that we use to travel through the Earth's passageways. All is in place, and we only wait for the final notification to begin.

There are many on Earth now who are awakening to the Spirit within them, due to the increasing amounts of Light that are coming onto the planet. Life at all levels is stirring in response to heightened awareness, as a result of the Light and the Lightworker's expressions of Love that you are all sending out on the etheric currents surrounding the planet.

We in the subterranean cities wait and watch for the cue to emerge, and eagerly anticipate our direct contact with you on the surface. We have been separated for too long a time, and it is well past our due date to be connected again. So know that even though you can't see us, we are here and can "see" you through our computer system. We have the whole surface monitored on

our computer screens, and can focus in to see you wherever you are. You are also tracked on the Confederation of Planets computer screens, tracking all Lightworkers so that you are always in range of their "sight", should they need to intervene.

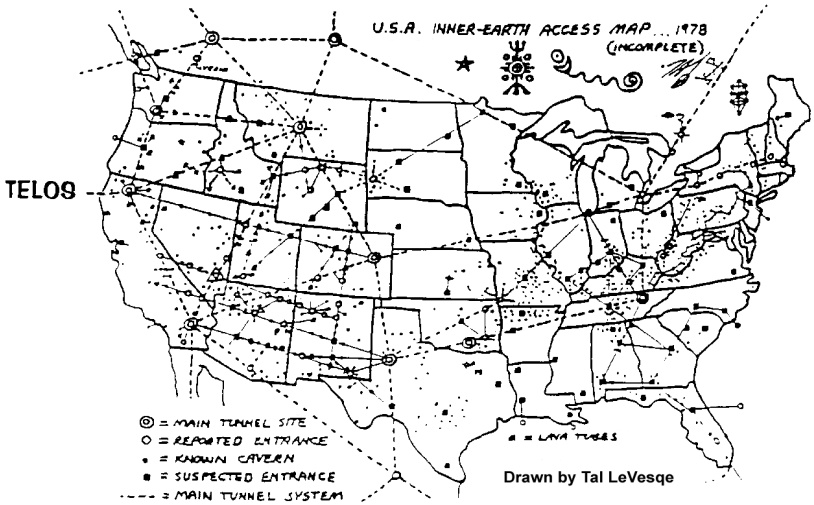
So, rest assured that you are in safe hands, from both BELOW and ABOVE, as you travel closer and closer to the Photon Belt of dimensional change.

Q: How do you get to the underground city in Mt. Shasta?

Through the tunnels, of course, which are strictly guarded and camouflaged. Only our own people know the way.

Soon you, too, will be given directions to locate us, and you will be met by one of us who will lead you through the underground tunnels to our city. It isn't far, just a mile or so beneath the ground; and once you're safely in the tunnels, there are conveyances that will take you the rest of the way.

We wait for this day, we pray for this day, which soon will be here.



18. Polar Openings

Q: Are there polar openings at the north and south poles of the planet Earth? And if so, is there a path that is best to take through the Arctic regions, such as through the Hudson Bay route and north from there?

There are indeed polar openings at the north and south poles, leading to the center of the Earth's sphere. These polar regions are camouflaged by cloud coverings, as you know, to prevent your military from locating these entrances that lead to our Inner Earth homes. We have also installed a magnetic force field around Earth's polar openings to further camouflage the entrances. This way, we are protected from air and land sightings.

There are indeed many paths that will take you to the Arctic regions and through the polar openings. However, Adama is not at liberty to divulge these to surface folk at this time. Know that when we are notified that it is time for you to enter our regions, we will be contacting and directing you to our location beneath the Earth. There is nothing for you to search for now, as no paths will lead you to us, until it is time.

19. Visiting The Surface

We Come and Go Freely on the Mountaintop

I speak from Telos, although I do visit the surface occasionally. I have been instructed to prepare you for our emergence, which can begin at any time.

Mt. Shasta is our home, and we love her. Our mountain gives us all the protection we need, and her many paths and tunnels are in our domain, and we watch over them. We can come and go freely on the mountain-top, since we know the terrain and contour of her body. There are many openings, which only our own people know. We are preparing the mountain and tunnel entrances for an influx of surface dwellers who will want to visit us when the time comes.

Yes, we will need guides, and all the Lightworkers will be invited to come. The mass consciousness is changing so rapidly that we are amazed at your progress on the surface. We are truly brothers and sisters, and we will truly be merging with you into ONE.

Q: *Are you opening the tunnel entrances to Telos?*

Adama is free to leave Telos, and indeed does so frequently. It is correct to assume that Adama does do work on the "outside" of Mt. Shasta's mountain. Adama is freeing many entrances into the mountain tunnels, so that they'll be ready for our emergence en masse when the time comes for us to join you on the surface. Presently, only a few of the tunnels leading from Telos are operational, due to long time non-use. Their camouflage has even eluded us, so we are taking an accounting, so to speak, of all exits and entrances that may be necessary to activate.

After all, when the time arrives, there will be hundreds of thousands of us departing Telos for the surface. Not all will exit onto Mt. Shasta, though. Many will depart to other locations, so as to spread our numbers out evenly. We will be contacting our brothers and sisters on the surface well ahead of time to arrange accommodations for our folk. All who wish to take us into your homes, please let Adama know through your thoughts. We will be bringing all we need with us, along with all you will need to survive Earth's cataclysms.

Right now, we go on living naturally until we receive word to do otherwise. Our homes and structures underground are all structurally stable to withstand even a flip of the poles. All will be preserved, no matter what Earth changes occur. For we, too, are caretakers of the Earth who have been entrusted by God with His teachings and His technologies.

Q: Where will you stay when you come to the surface?

Earth is still too dense for us to travel to the surface. We await the time of less density and greater Light before we attempt to travel to the surface en masse; because once we surface, we will stay. We will bring all our technologies with us, and camp out, so to speak, in your homes on the surface.

We will all be staying with the Lightworkers who already have shelters on the surface. So, if you'd like to have some of us stay in your homes, just give us the word. Just call to us in your meditations, and ask us to reside with you when the time comes to surface, and we will contact you when we arrive.

There are many things for us to take to the surface, and we have already prepared all that is necessary for our sojourn to the top of the Earth's crust. We will come prepared with everything that we, and you, will need for our entry into the light of the

Photon Belt. ***You will be amazed at the technologies that we will bring, for they will make life so simplified for you, and will be so obvious, that you'll wonder how you didn't think of these things yourself.*** Well, you did, only it was eons ago in the past, and your memories don't recall them.

We are all part of God's Grand Plan for this universe, and we are now merging our thoughts into one thought for the entire human race. Soon we will all be on the same wave band of consciousness, broadcasting our love and Light to all in the cosmos, and letting the cosmos know that we are ready to join with them in one grand CONFEDERATION OF PLANETS, alert and alive to the wonders of the universe, and ready to take our place among the Stars. *This is Adama,* wishing you a speedy journey in consciousness.

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Part Five
Telos and the Earth's Interior

20. *Complexion of the Inner Earth*

Q: Are all Planets Hollow?

(answered by Ashtar from the Galactic Command)

Know that there's life on all the planets in your solar system. These are your brothers and sisters living in a higher dimension than you, and whose electrons are vibrating at a greater velocity. Your electrons will soon pick up speed, and will be spinning at a rate that will propel you into the fifth dimension of Light, where we all await you.

For your information, you are all living on a HOLLOW EARTH. Your brothers and sisters who reside on other planets in your Solar System are also living on planets whose cores are Hollow. All planets in your solar system are Hollow, with life both IN and ON them.

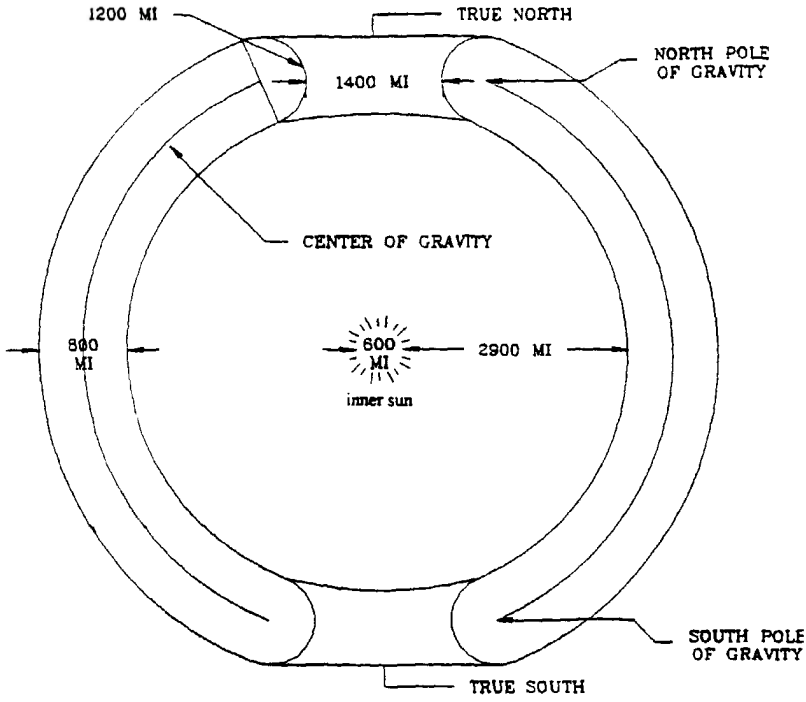
Your sun, Helios, has a Hollow core, as all suns do. The light emanating from your sun is cold, not hot as you have been taught to believe. It only reaches a higher temperature when it comes in contact with your atmosphere. All celestial bodies are Hollow, as this is the way they are formed. It is time that these truths were brought to earth!

We, in the Galactic Command, travel to all the planets in

your Solar System, and are able to see them firsthand. Soon, you will have the capacity to travel to the other planets, and witness their true structure as well. Just know that all you've been led to believe will be open to dispute as you rise in consciousness.

Q: What do the Oceans and Mountains look like on the inside of the Globe?

The Earth's Interior is the mirror image of the surface foundation. Everything is in reverse order in the inside of the Earth. The mountain ranges are in direct proportion to the dimensions of the Earth's cavity, and tower above the landscape. The oceans are larger than life, and flow calmly and swiftly around the inside of the globe. The air is crisp and clean, and the sand is white. The Central Sun is dimmer than the sun on the outside, and reflects the Light from the Heavens.



The cities are all nestled in lush woodlands, overflowing with flowers and huge trees. There is green growth surrounding all man-made structures. Everything is in perpetual blossom and bloom. It is a land of wonder and beauty.

All is in perfect proportion to the size of the circumference of the interior. Everything is larger than life — even the great Beings who inhabit the interior are larger than the mortals on the outside. All is beauty, and all is in a heavenly state of bliss.

Just picture the interior foundation reflecting the exterior foundation; with mountain ranges higher, and the ocean currents swifter, and the green land growth lush beyond compare. You do not need to picture a change in the contour of the land. It is still in its pristine beauty, and replicates how life on the surface once was. The exact location of the mountain ranges and oceans is not necessary to know at this time. What is necessary to know is that this Inner World exists, and co-exists with the surface, under peaceful and contrary conditions.

The Tunnels and Spaceport in the Hollow Earth

Know that cataclysmic weather conditions are in store for your surface population. Many negative thought forms are being released from your bodies and from the Earth, and these are causing drastic atmospheric unbalances, resulting in tornadoes, earthquakes, and other variable conditions.

Up north, where it's colder and the days are shorter, people will begin to see a change in their weather and seasonal patterns. The days will grow longer and the seasons will begin to merge into one another, just as they do in the Hollow Earth.

In the Hollow Earth, there is a constant temperature in the low 70's. This "constant" temperature allows the people to live in relative ease and comfort, for no obstacles impede their activities.

The Hollow Earth is a Paradise, with tall, graceful mountains jutting into the "sky"; and large, clear, clean lakes and oceans that abound with life. The diet in the Hollow Earth is strictly vegetarian, and people are healthy, robust, and strong.

They, too, have isolated themselves from the surface population, although they come and leave the Earth freely using the spacecraft that are kept there in the Spaceport in the inside of the Earth. So although they are inside the Earth, they have freedom and health, and abundance and peace — all the necessary components of life that you on the surface have been crying out for.

There is free travel between the subterranean cities and the Hollow Earth through the tunnels, using our electromagnetic trains that can take us from one part of the Earth to another in a fraction of the time it takes you on the surface. Our transportation is quick and efficient, and burns no fuels. Therefore, there's no pollution underground.

We long for the day when you on the surface can travel freely to the Hollow Earth, where you'll be greeted with great joy and love. It is this return, to the Land of Eden, that you are all crying out for. We, too, await this day, as all of us in the subterranean cities will join with you in the celebration, merging all our civilizations into One.

21. Inner Earth Beings

Adama Talks About the Inner Earth Beings Who Live in the Hollow Earth

Know that on Mt. Shasta it is very cold this time of year (December). Within Mt. Shasta, it is always temperate and perfect. We have arranged our environment to suit our bodies perfectly. We grow all our own food, importing only those commodities we wish to supplement our daily diet with. Our source of other foods is the INNER EARTH REALM, where it is summer all year round. They have delicious harvests of fruits and vegetables beyond your imagination, and they share all with us.

We have easy access into the Inner Earth World through our tunnel system, which goes directly through the Earth's mantle and into the Inner Earth entryways, where we are greeted by our brothers and sisters upon our arrival. We are always going and coming, since we keep up a steady trade relation with them. We enjoy their beaches and oceans, and climb their mountains. It is a gloriously beautiful realm of Light and Purity, and truly invigorating to be there.

Know that the spiritual state of the Inner Earth Beings is very evolved compared to the surface dwellers. These Beings came from another solar system to populate the Inner Earth. They never lived on the surface. Their home on this planet has always been in the inner recesses of Earth. They are, however, in contact with Beings on the surface, just as you are in contact with Adama in the mantle.

You, on the surface, are the direct descendants of roving bands of ET's, who created you to mine the Earth's resources.

These Creator ET's don't reside on Earth at this time. However, you all have the same Spiritual potential as Inner Earth Beings. Your life on the surface in no way mirrors life in the Inner Earth. The only things on the surface that mirror life inwardly are the mountains and oceans and plains.

These Inner Earth Beings have your surface conditions fully monitored. They know all that transpires on Earth, just as we in the mantle know all through our computer network.

The great Inner Earth Beings know of your yearnings to live in the Inner Earth, where all is in a peaceful, harmonious state. They do consider surface folk their brothers and sisters who have not as yet evolved enough to reside with them in the "land of plenty". However, when you do reach a higher Spiritual state, then you, too, can live internally within Earth.

The Inner Earth Beings mostly watch your surface with little interest. They are involved with their own evolution, and don't want to get involved with yours because of their past experiences of helping unevolved humans. They feel that the Light has to grow from within each surface human, and that until there is a fair amount of evolution present, their interaction with you has little effect, while at the same time, detracting them from their purpose. They feel there's nothing they can do until your mass consciousness is in a higher state of evolution. It's not a personal thing, so don't take it personally. There's a time and cycle for all things.

These Great Souls are of the Light, and are guardians of our Inner Home on Earth. They keep all in pristine beauty and harmony for the time when many of you will be allowed to "physically" enter their domain. These souls are mostly in an Ascended state, and are continuing their evolution here because of the perfection of conditions. You don't need to concern yourself with

the thought of being abandoned, because you (Lightworkers) all chose to incarnate on the surface at this time to help bring humanity to the state where it can also live internally in Earth's inner recesses.

Adama can link you into the Inner Earth, or you can connect yourself. You decide. In whatever way you choose, Adama is merged with you. Just call on Adama, and I will be there for your direct connection "in".

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Part Six
Messages from the Hollow Earth

22. *The Inner Earth Beings Speak*

LAILEL, you are now directly channeling us — the group consciousness of the Inner Earth Beings. You are a direct descendent of us, and have chosen to incarnate on the surface to bring our two worlds together. We are the Inner Earth Beings, and we are working directly with you and many others on the surface. We are imparting our knowledge of existence to you on a subconscious level, where you will have direct access to it as your vibratory rate increases. This is for your protection. We will converse with you whenever you call on us. We have taken over this dialogue from Adama because you don't need an intermediary. You are a fully developed channel, and can tap into our consciousness at will.

It's not the difference in geography that matters, but it's our hearts that are attuned to God that melt all differences, as we merge our Beings into One. And this is the way we live our lives, in total harmony with the Creator and the Creation. Differences that are so pronounced on the surface don't exist here, for we see only each other's Light, and communicate freely from our hearts.

Our lifestyles are very elegant compared to the surface. We live in what you would call palaces. They are palatial living quarters that are round and spacious, without inner walls for

separation. This way, cosmic energy flows freely around, unimpeded by barriers, resulting in a highly charged atmosphere, free of dust. We are always surrounded by this life force wherever we are in our homes. Energy is always circulating and connecting, especially the love from our hearts. We are wrapped in the intensity of love, and give our love freely to others — and there's always more than enough to go around.

Our brothers and sisters from the subterranean cities have free access to our realm in the center of the Earth. Neither passports nor credentials are necessary to enter or exit. For this is God's world, and we are all God Beings.

Our lives are tranquil and peaceful, and this tranquillity gives us the opportunity to evolve rapidly, and to delve into whatever sources of study we wish to learn. This is the purpose of life — to ever evolve in an environment where all have access to the myriad wonders of the universe.

Know that we keep our Inner Earth safe, and are vigilant and caring individuals. We regret the monstrosities that are occurring on the surface, and we lament the state of affairs and horrendous acts of killing. If we were to intervene directly, what could we do, and who would listen to us? We could come to your aid, but only the Lightworkers would accept us, and the rest of humanity would turn against us. Therefore, we remain "inner" ground, just as the Telosians remain underground at this time. We are hoping to come to your aid at the time of the great merging of our many civilizations in the different strata of Earth. Only God knows this timing, and the Spiritual Hierarchy guides us all unerringly.

We remain your brothers and sisters, even though you have had little contact with us, much less than you've had with the subterranean cities. They are the advance guard, so to speak,

with us following. So stand guard over your Earth, and maintain your Light and center of gravity at all times, then nothing will blow you away from your mission to reunite all of Earth's peoples. We are the group consciousness of the Inner Earth Beings, and we love you and admire your tenacity to endure the above conditions. Blessings, our brothers and sisters.

23. Mikos Speaks from the Library of Porthologos, Beneath the Aegean Sea

Our Library Holds the Records of the Universe

Greetings from the Center of the Earth. My name is ***Mikos,*** and I am a resident of the city of Catharia. I am talking to you from the Library of Porthologos, located in the Hollow Earth beneath the Aegean Sea.

I am very old by definition. I span eons of time in the same body. I have been able to compile Earth's records in the Library of Porthologos, where all Earth's history has been preserved. ***Our library is immense and extensive, and holds the records of the Universe — not just Earth.*** We can study the history of all planets and solar systems and learn everything about life everywhere. Such is our library's capacity. Not only can we read about it, but we can experience it all firsthand from our crystals that store the memories of all events. So we can access these events, learn from them, and solve our problems easily and with the best possible outcomes for all involved.

I am Guardian of the Earth's records, and all records in your Solar System and Universe. I am here, in the cavity of Earth, primarily to guard the history of all life everywhere. This is our prime purpose and the purpose for the Library of Porthologos.

Our library is the only one of its kind in our vast system of planets. Our library is so vast that it covers miles of terrain and has vast storage vaults containing records all stored on crystal slides that are viewed through our crystal projectors. Our storage facilities are vast, organized and categorized, so that you can easily locate the information you are looking for and retrieve it for viewing. We have vast conveyers that will deliver your order

within minutes, and then return it back to its storage location again. This way, every item in the library is always where it should be and can be easily found and perfectly preserved. Such is our technological capabilities. For we have drawn on the technology of the Universe we reside in, and have the most advanced methods of preservation and storage and retrieval that would marvel your library systems beyond anything you could dream of.

For we don't have dead books on our shelves — ***we have living records of life, in all its vast and differentiated forms of existence, that play out its story as on a live stage in a theatre; and we sit and view it, as if we're in the audience, thus having this first hand experience of all history right here and now.*** It is truly a marvel to witness, and the most evolved way to learn about life in all its varied forms.

There are these mini-theatres all throughout the library, where we can sit in comfort and view any activity or event we choose that has taken place on Earth and in our Universe throughout all time. This is really what theatre is about, with live actors portraying themselves, as they were, at that particular event in time. This is the best way to learn about life in our Galaxy, and makes history come alive and jump out at you and capture your attention and you become part of it and feel it and experience it. It is the best way to learn.

Your surface Earth history classes are dull and boring compared to our way of learning, and this accounts for the loss of attention and loss of interest in your school classrooms — aside from the fact that your information is misinformation based on someone's theory or prejudice, rather than actual fact. You would like our library and would find learning exciting and wondrous to experience.

Someday, you will be able to access all the information in

the Library of Porthologos, when you travel here through the tunnel system that will be open between our two civilizations in the future, when surface humans stop warring and people reach Unity Consciousness. Then the world will open up to you and you will experience the joy and freedom of being in unity with All of Us in this Universe, and will benefit from all our wisdom and all our accomplishments. This is how Planets, Solar Systems, Galaxies and Universes evolve — by uniting in one consciousness and evolving together through Eternity — one step at a time, climbing the Spiral of Evolution together, and bringing everyone along so that all evolve and all benefit and no-one is left behind. Unity Consciousness carries us all, so that all life advances according to its divine plan, and all life is in harmony with its home planet. This is the best way to evolve, and we highly recommend it to you.

The Light is expanding in your mass consciousness and soon you will feel its intensity, which will drastically move your vibration into the higher octaves where the frequency will bring you all into Unity Consciousness without your realizing it. One day, you will just open your eyes and you will be there — and be with us — and marvel at it all. It will seem as magic to you and seem as if it always was; and all the suffering of the past will be obliterated and erased from your cells and you will rejoice at finding yourself at last. We will enfold you in our arms, and we, too, will rejoice in reuniting with you, our brothers and sisters, at long last. *I am Mikos,* your friend from the past.

The Story of the Hollow Earth Inhabitants

We would like you to hear our story now, as you are all familiar with the Subterranean Cities, but not really familiar with the Hollow Earth Inhabitants. We are a very advanced race of Beings that have never resided on the surface. We have come

from other planets in your solar system and other galaxies from the far out reaches of space. We came here to oversee the Earth, and we came here to continue our own evolution without interference from any race or ET's. We are securely encased in the core of the Earth, sufficiently to protect us from all outside intrusion, so that we can evolve as quickly as we can in order to secure this planet as an outpost of Love and Light. For the quicker we can evolve, the quicker we can come to the surface to help struggling humanity gain its freedom into the Light of God's Love. This is why you have not seen or heard from us. It is because we have self-imposed this seclusion.

Now that you have all read about the Subterranean Cities in this book, and have had time to ingest its significance as part of Earth's history, we now wish you to acknowledge Us, standing free in the Light of God, in the midst of you; constantly radiating out our Light and Love to you to grasp and hold onto as we pull you closer and closer to our heart's flame, until you meld with us into God's mighty stream of Light, enabling you to then go forth into the world, where you'll shine as a beacon, and where all who encounter your radiance become magnetized from within to begin their transformation in consciousness and increased awareness of the multitudes of Beings who are here to help you and all life on Earth to evolve into higher and higher states of consciousness until all of Earth, together, explodes into her ascension of Light, and all are freed of Earth's density forever.

This is our role, this is our final goal to carry out on Earth, and then we will all, en masse, move up the spiral of evolution into the realm of Light and Love, and become who we truly are, living in a place of peace, beauty and prosperity, together as one cell in God's heart. So make this journey into Light with us, by opening your hearts to our existence and welcoming us into your life, so that we too, may guide you onto the steps of continual

glory, where we step with you, side by side, on our path to God. So walk with us, hand in hand, and whenever you're weary, think of us holding you and supporting you as we all, as a planet, move closer and closer to our ascension. You are close, very close, and we are here to give you that extra push into the Light, where we all await your presence.

We bask in the Light of the Hollow Earth, where we have created a paradise within the womb of Mother Earth. And, we wish you, too, to experience this paradise along with us. We are now working closely with you, our brothers and sisters on the surface, and we cheer you on. *I am Mikos,* your friend from the past.

We Once Lived on Another Solar System

Greetings, my fellow travelers on Earth! It is *Mikos,* speaking to you today from inside the Hollow Earth, which is our home. We have been here for millions of years, slowly evolving ourselves into the God Beings that we are. Our evolution has made great strides due to the isolation of being wrapped up inside the womb of Mother Earth.

All our lives have been spent in peace and bliss, due to our location. We exist here in peace and tranquility because of the proximity to the heartbeat of Mother Earth. The more deeply one goes into the Earth, the more deeply one feels the beat of the Earth. And the more one feels Her heartbeat, the more one resonates to her Goddess qualities. So this proximity has led Us, over the millennia, to our oneness with all life and to our joy of existence. All life knows this oneness, yet most of life has yet to feel it in their outer bodies.

As the heartbeat of Mother Earth reverberates through the Earth, it reaches the surface, where you can feel and experience it. However, in order to feel and resonate with this beat of life,

you have to be in peace. Your outer bodies have to be in coordination and in synchronicity with each other, all vibrating at the same velocity and all feeling the grace of God and immersion in the oneness of Creation. When your bodies are at rest, at night, they resonate to the deep beat within them. ***You can only evolve when you are in a state of peace.*** And this is why We, who are immersed in Earth's depths, have been able to evolve; because We have been in synchronicity with the beat of all life and with Ourselves.

Once we were adrift in space, living on another solar system in the Milky Way Galaxy. At that time, there were what you today call "Star Wars". People were engaged in battles to control our section of the galaxy. These battles brought great destruction to planets and knocked solar systems off course. This was a dark time for our galaxy, and beings like ourselves yearned for peace to be restored so that we could continue our evolution. This is when We discovered the Earth.

We left our solar system and traveled here, which at the time was a planet little known outside its parameter. When We alighted on the surface, we were amazed and in awe of the beauty and tranquility of Earth. We explored the surface and found the open tunnels leading into the cavity inside. These were already existing tunnels from other civilizations, for the Earth is very old and her civilizations ancient.

All planets have openings at their north and south poles, and we migrated through the poles and found our "nest" inside. The inside is so clean, so pure, and so peaceful, that from that time on we never left it.

Throughout the ages we have enlarged and expanded the tunnels leading to the Subterranean Cities and surface, as a means of travel for our inhabitants and yours. Although not too many

surface travelers have used these tunnels, they exist for the future, when more of you and more of Us will intermingle and make the trip to visit each other. So the surface is dotted with tunnel entrances that you see on the map in this book *[see page 89]*, leading both to the Subterranean Cities and to Us. This is how it is on most planets in your galaxy, where people travel freely to both the cradle and the rim, to exchange information and to learn from each other.

Your Earth has quite a history, going back into millennia of time. Unfortunately, its history isn't always peaceful, because once it was discovered, people fought great wars trying to control it and mine and remove its precious resources. So know that these times of raping the Earth are over with. These beings are no longer allowed entry to this sector of the Galaxy which is steadily rising in Light, even as the waves lap the shores. The Light is flowing ceaselessly now, and bringing the tranquility and awareness that all surface dwellers yearn for.

We, here in the Hollow recesses of the Earth, have been calling for eons for more Light and for help from the Confederation of Planets to intercede to stop the influx of ravaging bands of ET's who have been scouring space to find planets that are rich in reserves like Earth. But today it is done. Know that the Confederation fully protects this sector, so that life can finally begin to evolve in peace.

All life forms presently on Earth are opting for the ascension. However, some will ascend with the Earth and with us at this time, and the others who have been unconscious of their inner choices and unwilling to ascend at this time, will do so at a later time. Know that the Earth's ascension is assured, and that we will all be moving our location closer to Helios, our Sun.

The people in the Hollow Earth are overjoyed with the rise

in frequency that has taken place over the last few years. We yearn to connect with you in the physical, and now this connection is fully assured. We can even "guarantee" this, as you would say above. Yes, you are above us, but depth of location is irrelevant. ***For with peace coming to the planet, all life will be assured of rapid evolvement to make up for the lost days of darkness.***

Humanity has learned its lesson well, and has learned the futility of war and bickering, and cries now for an end to the insanity. And the end is coming. You are witnessing the last eruptions on the surface.

From this point on, you will begin to see the merging of peoples, places and principles, as all come together in ONE UNITED EARTH. This is the day God has been waiting for. This is the day your holy God Selves have been praying for. This is the day we will open up the tunnel exits and come to you, with our brightly colored robes and sparkling sandals, bearing gifts of immense riches and the necessary devices that will return your planet to its pristine state once again. ***For we can solve all your pollution and sickness problems in just moments.***

You have been gifted beyond measure with talents and intelligence that are now surfacing. Many of you are regaining your gifts that were hidden from your sight. One of these is telepathy.

You are all telepathic, and you can all converse with Us. You are just now beginning to realize how gifted humans really are. So gifted, that in fact you could actually do everything that we do, because we were once you.

We once went through all that you are now experiencing. But with our entry into the cavity of Earth, we were destined to evolve, just as you are destined to evolve as the Earth's frequency

speeds up. Your innate gifts will shine through and you will rejoice at your capabilities. Once you reach a certain frequency, your consciousness will burst through the density and you will see all and know all, and we will be here with you at last, enfolding you in our love.

We reside here, in the Hollow Earth, amongst great richness, and live in great palaces infused with Light. To you, it would seem as a fantasy land, but to us it is real, as we created it from our own God Selves. We created homes for Gods and Goddesses, and this is where we dwell.

We dwell amongst richness your eyes cannot yet conceive of. Every possible convenience is at our fingertips and our environment is more beautiful than you can imagine. Our homes are set in the lushness of the countryside that abounds all around us, and are built right into the natural environment, surrounded by lakes and streams.

We have no cities like yours. We have only "country" that never ceases to amaze even Us. The trees and flowers are vibrant with pulsating hues and shapes, and caress our homes and land. Everything is "monumental", as you would term it. Even our trees and mountains are double the height of yours, and of course our bodies are taller and larger in frame. The width and girth of our figures more than doubles yours, and our fruits and vegetables are huge in comparison to yours. All our foods are organic, as we are in tune with Mother Earth, and she personally directs their growth.

We live in grand palaces made of crystallized stones that are embedded with jewels from the Earth. These crystallized stones create a magnetic field and radiance that nurtures and balances our bodies, and fills us with the Life Force emanating from the Great Central Sun of our Universe. All things in our

homes radiate the purity of God, and tune us to God's vibrations. For it is God's love that fills our homes and God's love that creates the richness in our lives.

Our homes are round and translucent, and blend into the countryside. By outward appearances they give us total privacy. But once within, we can see out in all directions around us. This gives us a spacious feeling of vision, rather than being "locked in", as you are on the surface. Not only can we see out of our homes, but we can see out beyond the Earth, to the Stars in the sky. Our vision has no boundaries or barriers, wherever we are in the Hollow Earth. Our eyes and senses are free to roam the Universe, while our bodies remain inside the globe.

Our fields of grains sparkle and thrive in our fields, that are perfectly touched by the "sun" and rain to produce the most luscious of crops that are so pleasing to our palates and so invigorating for our bodies. Our food pulses with the force of life, and when eaten by us, transfers the life force into our very cells, which results in perfect health and longevity of years.

This is the secret of life, this is the hidden fountain of youth you've all been looking for on your surface. It is found in the Earth herself, just waiting to give you its life force if you will but follow nature's laws of planting and harvesting crops, using only nature herself to direct the process and oversee the growth. With the great forces of nature working with you, you don't need to add anything to the soil, and the harvests are always magnificent in size and nutrients and taste.

This strength given us by our foods enables us to perform Herculean feats with our bodies that you would consider impossible. We can walk and run extremely long distances without tiring, and swim for hours at a time. We are not tired at the end of a day's "work", because nothing we do is "work". It is all joy

and ease, and contentment is felt at the end of each day.

Our lives are truly wonderful, and we have much to feel blessed for. But we have created this utopia ourselves, and so can, and so will, you. For your future is to be glorious. ***You are about to break through this density into heaven.*** And this heaven is right here on Earth. Right now only half of the planet resides here, but soon the whole planet will be in the heaven you've been searching for. For ***heaven is not in another place; its location is right here on Earth.*** Right here where you live. You only have to bring it here through your higher consciousness. For heaven is just a frequency, and you are now rising rapidly toward accessing that frequency. And We, here in the Hollow Earth, are applauding your desire and determination to grow in awareness and reach the frequency of ascension that is plummeting to Earth from the Great Central Sun. Your Father/Mother, God and Goddess, Alpha and Omega, are bringing you home, back into their bosoms of love, where We will all dwell for the rest of eternity.

Food Takes On the Mass Consciousness of the Community It's Grown In

I am Mikos, calling to you from my Inner Sanctuary in the Inner Earth, where I dwell in peace and contentment for all God has given me. You, on the surface, live in misery, lack, and trepidation, because you have separated yourself from God, thinking that you know best, or more than the Creator. Your lives have been blessed with the riches and abundance of the Earth, and yet you turn away from Her, in your disdain, using your own methods of farming instead of Nature's. Mother Earth has always produced an abundance of crops for all who work with her, using Nature's Law of Rotation and Nature's Law of turning the soil into itself and letting it lie fallow to recover and restore its

nutrients. By continual planting of the same crops over and over, dosed with toxic fertilizers and chemicals, you kill the rich nutrients of the Earth, leaving crops that are devoid of nutrition and devoid of the Life Force.

People of old always worked with the Devas, the Guardians of the soil; and by working together, and allowing the Earth herself to manage and make decisions for the growth of crops that are planted, the yields were always large — nay, enormous — and brimming with the force of life pulsing through each atom. It is this force of life in each atom and cell, this pulsation, this quickening, that is the Immortal Elixir of life. It is the secret of staying "young forever".

The Devas are returning to Earth after a long absence and are quietly helping those few people who are turning to them, to rebuild the soil with life enriching nutrients that will nourish and sustain the cells in our human bodies. The Devas are glorious beings who want to work with all humans, whether you farm or not, or just garden. They want to return to a partnership with you, so that all people can learn the magic of the soil, the magic of planting and harvesting again, the magic of growing your own food, in your own locality, for your own consumption. ***Food shipped to you from other localities, from far away states, does not vibrate with your local surroundings or your own particular pulse of life.***

Everything is a reflection of your immediate surroundings, including your auras that surround you; and everything you touch or are near picks up your pulsating atoms, and these atoms become part of the soil and part of the vibration of everything you grow. So don't you think that you would be healthier to absorb only those vibrating atoms in your food that originate from your own self and from the community you vibrate with, rather than

from an unknown locality that you are out of synchronicity with? There is so much to think of here, and much to understand about the nature of life, and how we all adapt to the particular locality we live in and how we become that locality. We are the environment that we live in, just as much as the crops we grow are.

It is confusing to your body cells to be ingesting foods from out of your immediate locale, because they do not resonate with your lifestyles, your thoughts, or your feelings. Instead, you imbibe, you actually "eat" other people's thoughts and feelings and they become yours — not knowing the danger and incompatibility this has on your digestive system and overall operation of all your organs, all your growth hormones, all your glands, and everything that makes you "you". Your ingesting of the thoughts of other people results in fears and phobias that aren't even your own, and then you wonder where this all came from.

Know that in order to have healthy and strong bodies, you need to feed them with only foods from your own local communities. This will enhance your life force and bring balance to your thoughts and feelings, because you will be reinforcing and strengthening your desires and dreams — which comprise the mass consciousness of a community.

This is why your world is out of sync, because it is out of sync with nature. Call on the Devas, ask them all to return, tell them you want to learn from them and work in tandem with them, to restore life to the soil and life to your bodies. Without this life force, your bodies decay and wither, and although your cells were meant to stay young and never age, they lack the life force to sustain themselves.

Your current civilization has moved further and further away from the soil, the trees, and the animals, into the ivy tower of technology, with no windows to look outside at their surround-

ings. They have closed the door to communing with nature, and wonder why they feel so alone and so needy, no matter how much money they have.

We implore you, Earth people, to return to Nature. She beckons you back to be one with her again, and to follow in the footsteps of your ancestors, the Native American Indians, who knew the land as part of themselves, who lived with nature, and honored and revered her bounty, and who learned from her, always using her own way to grow crops, and never forcing her to work against herself.

Spend time outdoors, not locked up in your houses. Spend time just sitting with the trees and walking in the woods, and notice the life force returning to you, invigorating you and balancing your emotional body. ***Nature is a great antidote for your society's ills — and it's free for all to receive. You don't need to consult a physician for a prescription; the trees will dispense it to you for free.*** Why do you think they are here? Only to grace your landscape?

The trees are Majestic Beings, evolved beyond anything your thoughts can picture. And they wait for you to recognize them also as the stewards of the land, as the Cetaceans are the stewards of the sea, always giving you the oxygen you need, and absorbing the pollutants you create. And what do you do in return for this gift of life? You cut them down, you move them out of your way, and you ignore them. They are yearning to communicate with you, yearning to feel your touch and embrace you in their love and energy. Go to them, talk to them, sit with them, as they stand vigilant over your homes and communities as protectors of your very lives. Talk to them, and they will answer. They have been waiting eons to have humans reconnect to them again.

Nature will free you. You will regain your balance, you will

regain your will to dream and to rebuild your lives in accordance with the Laws of Nature, not the laws of man.

We, here in the Hollow Earth, are one with nature, one with all life, and one with God. This is why we live such long lives and are so healthy. We know we are all a part of our planet, and our planet is a part of us. When we work with nature, we work as one. When we ignore nature, we ignore ourselves. This is a Universal Law that is crucial to your survival as a species.

We bring your attention to this, so you can protect your planet so that you have a home to evolve on. ***Since you can't evolve in space, we wonder why you so blatantly destroy your home?***

You would marvel at the wonders in the Inner Earth, the wonders of beauty and the "down to earth" sensible lifestyles we have, all because we apply the Universal Law of the Oneness of all life.

I am Mikos, a resident of Catharia, and your friend from deep within your heart. As your memories of me begin to surface, you will remember our friendship from the past, when you were embodied here in the Hollow Earth. I bid you good day.

The Earth Is the Showcase of the Milky Way Galaxy

I reach out to you today, in harmony and goodwill toward all surface dwellers on Earth. We extend our friendship to you with open arms, to receive you into our lives, into our homes, and into the Inner Earth where we dwell. Harmony surrounds us all inside the depths of the Earth, and soon harmony will surround the entire Earth, as she rises in consciousness, as an ascending Star in the Heavens

As Earth floats through space, her weary travelers climb

the ascension ladder that will bring all souls into the knowingness of their beings. Due to the enormous amounts of energy being directed to Earth, a flame has been ignited in the hearts of mankind, a flame so great, that all humanity has caught the fire of God's spark of consciousness, blazing in their hearts. This Light is awakening mankind to the remembrance of who they are, and the knowledge of the Universe contained in each tiny body cell.

We see the Light as it pours forth onto Sacred Mother Earth's body, igniting her atmosphere into a blazing Light that penetrates the body cells of all life on her surface. We, too, feel the intensity of this Light as it revs our vibration to speeds beyond Light. All on Earth are being blessed by the luminous Light show as Earth's aura gleams through the density that once kept her hidden in darkness.

Now her Light is seeping through the vast expanses of space, where all eyes are focused on her amazing birth into Light. She is ignited and fanned by God's Love, and all Ascended Beings, Angels, and Cetaceans carry the torch of Love that keeps her Light blazing through all life everywhere. No one can escape her Light now. Even the darkness of souls, who refuse to budge in their positions of power and destructiveness, are feeling the Light invade their space to reveal their intent to control the Earth's populations. They love the dark, and the Light is exposing all facets of their true character for all to witness. This is creating an uncomfortable environment for them, and causing them to step up their operations and react more intensely to situations in government and politics. They will do themselves in, and bring about their own demise.

Don't get caught up in the news or the skirmishes between the Light and dark that are erupting. For they will reach

a crescendo and then decline and fade away, as these souls will finally step down from their positions of power and be removed from the Earth, never to reappear again. Their time is up. And yours, dear brothers and sisters of Light, is just beginning. Soon the Earth will have a new beginning. A beginning free of coercion, where every species will thrive through Unity Consciousness, and be able to bring all their dreams to fruition. It is the dream of life, and it is soon to be the norm.

We are all in for exciting times ahead, as all knowledge that has been kept from you will be revealed. You will bask in the Light of "who you are", and remember your purpose for being here. As Unity Consciousness envelopes the Earth, she will rapidly rise in frequency to burst through the third dimensional barrier of density into the Light of the fifth dimension, carrying you all with her.

These are remarkable times, never before experienced on Earth. ***Soon you will be discovering hidden ancient knowledge, tablets and ancient writings, that will remind you all of your heritage, and free you from life's struggle.*** All you need is free.

We, in the Inner Earth, are free people living free lives. And this freedom is what keeps us perpetually young in heart and young in body. For we have resolved to never deviate from God's laws. For it is God's laws that keep us in health and wealth, and that perpetuates our life spans.

All is quickening on Earth. In the Inner Realms, where all is Light and all is Love, we watch in amazement as more and more humans awaken to the call of their souls daily, and opt for peace, opt for life, opt for all that is their birthright. The Earth is the Showcase of the Milky Way Galaxy, for it is bringing all life back to the heart of God, to be reunited in one great Wave of Ascension.

We remain hidden in the Earth's core until Unity Consciousness prevails on the surface, at which time you will find us in the midst of you, guiding you and loving you and welcoming you home. ***I am Mikos,*** speaking to you from the Library of Portholagos, where I am the Head Librarian.

The Living Library of All Knowledge Is Located WITHIN Each of You

I greet you today in the name of the One Creator of All That Is, the Living God within us all. Know that your distance from us is not far, just a few kilometers in space, and although this distance physically divides us, we are as close as the leaves are to the tree, we are as close as the wind that brushes your face. For our consciousness flows out from the depths of the Earth and reaches you to caress and bless you every moment.

We came here specifically to help this great Earth evolve and to have a home for our own evolution at the same time; and to bring you, who live on the surface, up into the higher realms of light where we can all meet and be together as One. For with our merging of consciousness we become a great force of Light that can bring all of us into higher and higher realms where all the avatars await us. So move up with us in consciousness, and flow with us through the Earth and read our thoughts on the return flow, so we can converse with one another as was meant to be; our conversing and our meeting is what will move all of us into higher dimensions of light.

We come before you this day in all our glory and splendor, bringing forth all our wisdom and cheer, to cheer you on your path, the ever winding path that never ends, that leads only upward and onward into the glory of God, the glory of God within you. ***For within you is ALL. All the answers you are seeking, all the explanations you need.*** It is all there, within your vast

human temple that stores all the information of the cosmos, and we beckon you to access it.

We beckon you to follow us in thought, and as you do, we can help you resolve and solve all your earthly cares, all your earthly problems. For now that you know we're here, just call on us; we will hear you and we will respond. For this is our mission, this is our dream, to connect with each one of you on the surface, and gently lead you and guide you into the light of your higher self, the light where you actually dwell, the place where all is stored and all awaits your opening to the doors of information that lie hidden within your very being.

All life on Earth at this time has access to their inner doors of consciousness that need only be nudged to turn the lock and open. So, move these doors and open them, and you will find us here, ready to walk with you into Eternity. We are ever beaming our lights to you, we are ever beaming our love to you, we are ever beaming our thoughts to you. Catch them, and return them to us.

We are nestled snugly in our hearths, in our homes, inside the Earth, where we are very safe and very secure, and we offer this security and this snugness to you. We offer this to you in hopes that you will follow us, and we will take you into the heart of God, which resides in your very own heart space, your very own temple of Light.

We love you all very deeply. We know of your dreams and we know of your desires to live peaceful, abundant lives. So please travel with us, as we explore fully all that there is and all that you can achieve. Just know that this exploration comes from within you; you don't need to go anywhere. ***You can explore the depths of your very own soul and the universe from right where you're sitting.*** There's no need for physical travel of any kind. Just beckon to us and we will take you there. Because once you

merge your consciousness with ours, we are One. And you can travel with us. We can travel together to the outermost reaches of space and to the innermost reaches of your soul. And we can unite in one consciousness and blast our way to the Stars.

The Living Library of all knowledge is located within you. From this access point within you, you have your fingertips reaching all the knowledge there is. ***You don't have to physically turn the pages of a physical book; just turn the pages within your soul, to rediscover all the wisdom and all the knowledge that ever was and ever will be.***

You do this by going into meditation and consciously connecting with the God Source that you are, and calling on your friends in the Subterranean Cities and the Hollow Earth, your Family of Light, to be here with you and to explore the Hidden Realms with you, until the hidden realms become exposed and open pages for you to read. These are the same hidden realms that you explore nightly in your etheric body, as you leave the Earth plane and are once again free, free to be all you are meant to be. So be with us in your thoughts and explore the Hollow Earth in your visions, and see us just waiting for you to connect with us so we can take you on the journey of your life into the Hollow Globe and out to the Stars.

Our hearts are lit up with the joy of our connection with you this day, and the joy of knowing that all our words will go out to the masses on the surface so that they will know that their condition is reversible and can be changed in a moment into beauty and Light. The health of all life on Earth is dependent upon this connection into your inner beings, into the connection with the Spiritual Hierarchy of Earth, the Subterranean Cities of Light, and We, in the Hollow Globe.

Your mental and emotional health is dependent upon this

connection, and your survival is dependent upon your connection with all life forms; especially the trees, who beckon and call to you and yearn to speak with you. Flow yourselves into us, as we flow ourselves into you, and this mighty ocean will flow this whole Earth into the fifth dimension of Light.

We bid you adieu, our brothers and sisters on Earth, and hope you will hasten to Our Call, for Our Call is also Your Call from Within. It is all the same call. It is the ONE CALL from the Mighty Creator calling us all home.

There Is No Delay in Telepathic Transmissions

This is ***Mikos.*** All are standing around me as I relay this dictated message to you that you are receiving hundreds of miles above us. For thought pierces directly through the Earth, and you receive this thought at the same time that I, ***Mikos,*** am thinking it.

There is no delay in telepathic transmissions. You hear what I say instantaneously, at the exact moment that I say it. It is quite a miraculous way to communicate, and also quite a natural way, as you will soon all realize as you raise yourself in harmony with us; for it is in this harmonious mode that telepathic communication can take place. For it is the harmony of our beings that meld and merge into one another so that we can talk to each other whenever we so desire.

Open yourselves up to the existence of other life existing beside you on your home planet and you will be able to explore all the wonders that truly do exist inside this globe you call Earth. She is a wonder in herself, our Earth, and the more you come to know her, the more you come to know yourself and the more you come to know all life. For the existence of all life can be accessed by you as you move yourself up into higher frequen-

cies of consciousness. We can see and hear all of you who live above us, as you are all very closely monitored by us. We know of all that takes place on the surface through our vision and through our computer system, where all on Earth is monitored closely and where our emissaries come in and out of our habitat, bringing us news and also relaying information to surface dwellers.

Our emissaries are in contact with many surface dwellers who work with us in the dissemination of information regarding the conditions on the surface. We do have quite a system going that will greatly surprise you. Until that time approaches when you will be able to visit, I will be speaking directly to you, exchanging information with you from the Hollow Earth that you can access within your very own beings.

So do connect with us in consciousness, as we are all here and all very eager to return your reply. ***We will speak to all who consciously connect with us in sincerity of heart,*** for it is our greatest wish to connect with you and help you through these times where you will soon be aware of all life on Earth and where we all will recognize all of us as ONE. ***I am Mikos,*** and I bid you good day.

You Have Many More Than Five Senses

This is Mikos, speaking to you today from the Hollow Earth. We come here to meet with you to give you messages to take to your people who are above ground. It is so very important that the people here on Earth know who we are and that we are here. Our existence is crucial to your existence. You are much wiser now as a species and will more easily accept us when we physically contact you now.

This Hollow Globe you live above was meant for all to partake in, was meant for all to explore, was meant for all to realize how magnificent the God within is. For it is the God

within your being who has created all of this, and it is the God within your being who wants to experience all of this. But first you have to recognize its existence and recognize that things do exist beyond your five senses, beyond that which you call sight and sound and location, for you don't need to be able to see something in order for it to exist. Its existence is independent of your actual physical sight.

In actuality, you will have many more than the five senses. In actuality, you are all multidimensional beings, who are here to discover multidimensionality with other senses which comprise you. And when you discover your extra senses, you will discover the Universe. You won't need books to learn from anymore, for all of the learning will take place within you. You'll be able to travel any place you desire, and learn from the actual experience of going there. Books will become obsolete, for the real place of knowledge is within. As Jesus said, know yourself, and you will know everything. For you are the source of everything, you are where everything is stored, you only need to learn how to access the Living Library within your very being, within your very body, within your Temple.

Marvelous things await you as you raise yourself in consciousness and raise yourselves to higher frequencies of Light Vibrations. The higher you vibrate, the more you can access, and the more you can access, the more of yourself you will know. All knowledge is within you, and you are within all, and it is quite simple to access it once you've moved up your vibration to the necessary frequency where suddenly all becomes available to you and all becomes a gift from the Grand Creator of All That Is.

So the purpose of life is to move up in vibration, until you are where we are, until all you can see is pure essence of life, the pure essence of all that is, and this pure essence is the Nirvana

that you all have been looking for. The pure essence of God, that dwells in each of us, is the essence that creates the Worlds Within the Worlds.

You are now reaching the point in your evolution where it will be very easy for you to access all that is, to access the greatness of your body cells, and once again unite with us in consciousness. And once this uniting takes place, you will greatly benefit from all that we have learned over these eons of time. For we have been able to put our consciousness to work, so to speak, to create a Nirvana inside the Globe of Mother Earth.

Mother Earth knows of the existence of all of her children; she knows where each of us is, how each of us is, and where we're all going on our path to destiny. As you raise yourself in consciousness, you will also be able to check in with Mother Earth and she will tell you how you're doing as your consciousness registers within her, as the Light of your being is known by her, as all that you do and all that you say is heard by her. So you are, indeed, fully equipped to begin your journey into the bright light of a new Earth, into the bright light of the new world, where we all excitedly await your return.

Our Earth Herself Is a Crystal

I am Mikos, and we are gathered around you in synchronicity, beaming our love and protection to you as you sit at your table taking this transmission. Know that our minds are melded and our hearts are One.

Today we will talk about the Crystals inside the Earth, including the one you hold in your hand. There is so much more to Crystals than what your eye perceives, for Crystals are Living Beings too. They are pure consciousness that holds memories of All That Is. They literally hold the events of the world.

Crystal energy is what vibrates the Earth, your body, and your cells. It is the vibrating force of the Universe that brings all life together as One pulse. Our pulses, and the pulses of all life forms, beat to this vibration, for it is this vibration that beats the hearts of life forms, animate and inanimate. For although we term crystals and rocks and stones as inanimate, they have a vibration that is in synchronicity with the Earth. And when we hold a crystal in our hand, it fine tunes our connection and pulse to the Earth — the Mother of all life here.

Our thoughts are pulsations of energy which emanate from us in waveforms that are either in tune with our surroundings or out of tune, depending upon our vibration. Since most of Earth, at this time, is still "out of beat", so to speak, with the forces of Nature, you can bring yourself back into the rhythm of Nature by surrounding yourselves and your homes with crystals.

Holding a crystal while you meditate is the best way to guarantee that your energy will be in harmony with the Earth. And when your energy is in harmony with the Earth, you become aligned with the Earth's magnetic grid lines, and can access "All That Is" — for "All That Is", is in perpetual flow to Earth and to yourselves, if you are tuned to her frequency. We think this will help you understand the importance of having crystals in your homes, and carrying them when you go outside, either around your necks or in your pockets or purses. For they emit a protective field of resonating light around you, that cannot be penetrated by anything less than this light frequency.

Crystals are much like the trees, in the respect that they, too, are waiting for you to acknowledge them as "Living Beings" encased in stone, who are ready and eager to communicate with you and become a part of your life. They have so much to offer you, as they "step up" your vibration to levels where you are no

longer feeling only the third dimensional density, but consciousness levels where you bypass third dimension and rise to higher levels of awareness, where all life waits for your entrance so that you can finally "see and feel" beyond your physical five senses and experience the multidimensionality of who you, as humans, truly are.

This is how We operate inside the Earth. We are always resonating with our crystals and matching their frequency, which is why we are able to exhibit our multidimensionality inside the Earth — because this is the only frequency we know. We always are in its crystalline flow, and we always are pulsing with our crystalline surroundings and Mother Earth's crystalline pulse rate. You, too, on the surface can match our "beat" by tuning in to us, here in the Earth's crystalline core, and keeping crystals in your homes and pockets.

All life, everywhere, is one great flow of Crystalline Light Energy. Planets who are in this synchronized flow are of the Light, and planets who are not in this flow remain discordant and out of balance with the rest of the Universe. Earth is gradually raising her vibratory rate, and as the energy coming to you from our Great Central Sun speeds up, so does your vibratory rate, until you once again pulse with the synchronicity of our Universe. This will be one mighty pulse beat, that will move our ENTIRE Universe into a greater state of ultra-multidimensional consciousness, far surpassing its present state of consciousness, and beyond anything that anyone residing in this Universe has ever known before.

So meld yourselves with us in consciousness, as you allow your cells to resonate with ours through your imagining of us and your visions of us and your thoughts of us. These are REAL connections, although on your surface your imaginations are still

considered unreal. ***In reality, it is your imagination that propels you into higher states of awareness, where other life forms dwell.*** You can actually "see" the fairies and gnomes and elves and devas through your imagination of them, for your imagination is another one of the senses that you will soon reclaim and begin experiencing more frequently again, until you imagine or remember all that you forgot.

So beat with us in frequency, feel our hearts merged with your heart, until we are only One heart. This is how you will traverse great expanses of space, and can be with us in consciousness. It is the fastest kind of travel in existence anywhere.

Everything in the Hollow Earth Is Constructed of Crystals

I am Mikos, here to talk about our connection to the Universe, and your connection to all life everywhere. We are seated in our room in the Porthologos Library, looking out at the Stars, the Stars of heaven as they float silently by us. For even as we sit under the ground we can see out into the Universe in all directions at once. Our hearts and minds are attuned to the Creator, the Source of all Oneness and connector to all life.

We love our Earth, and as we live inside her, we are privy to all information that ever was — and to all events currently taking place on the surface as well as on other solar systems in our Galaxy. We capture, or record, these events in our Crystal Projectors, and file them away for safe keeping in our extensive library.

All our records are ancient, by your standards, as your lifetimes are so short compared to ours. But these "ancient" events existed in our lifetime, since we are eons of years old in the same body, and therefore occurred during our lifetime. This gives us a different perspective of life — one that honors and reveres the

Earth and all life everywhere. Because we have lived through so many ages that have taken place on the surface, we have seen and experienced the connectiveness of all life everywhere.

Which brings us back to Crystals. The evolution of Crystals is ancient also, as they have always existed and are the witness to all events on Earth. They, themselves, have recorded all the events on Earth and stored them within their crystalline network of "nerves" that can hold voluminous amounts of information.

These crystals are very evolved Beings, whose mission it is to record all that transpires on Earth, so that all that has transpired can be played back on our Crystal Projectors and learned from. For all life is a learning experience, and without the knowledge and wisdom of the past, how do you expect to learn and advance your evolution? ***Your books are all filled with misinformation, compiled by mankind's opinions and beliefs and theories, that has little resemblance to actual conditions or facts.*** So all you learn doesn't give you a clue as to the real nature of Earth, the Universe, or "you".

Whenever we want to learn something and apply it to our lives, we go into the Crystal Recording Room and play back the sequence of events that will lead us to the information and wisdom we need to resolve any problem or increase our understanding of events and our lives. This is important for you, our Earth brothers and sisters; for you, too, need to have this information available to you so that you can see how your elected government officials have mismanaged the Earth's resources, and have kept you in virtual survival struggle mode for eons. Your lives are so controlled and your freedoms so diminished that you don't even know it, because it's all that you've known, and you label it democracy, equated with freedom.

How the wool has been pulled over your eyes to keep out the Light of the Universe, and imprison you on this small island floating in space! For although you can't see out, or hear the Earth calling to you, or feel the love of the trees as you scurry by them in your frantic pace of life, know that all life, everywhere, is aware of your plight and has come to your rescue to wake you up out of your deep Slumber of the Ages so that you can regain your conscious remembrance of who you are, why you are here on Earth, and the important part you play in bringing Earth out of her density and into a higher realm of Light where you will experience real "freedom", firsthand.

Your crystals can help you make this jump in consciousness, in a miniscule amount of time. Just hold them close to you, and they imprint their wisdom into your heart in "no time" at all, and raise your vibration to a place where you can readily access all the knowledge and wisdom that has been gathered throughout all time. Your crystals, no matter what size they are, can move you all into a higher state of awareness.

We, in the Hollow Earth, are surrounded by our crystals in every "walk of life" and every place we go. Our homes, transportation, work places, cultural complexes, everything is constructed of crystals and surrounded by crystals. Our buildings literally glow with Crystal Light, and our body's glow increases as we advance in our evolution. For love and wisdom and awareness IS Light — and the more Light you contain within your beings, the greater the sheen of your glow.

So surround yourselves, your homes, your computers, and your work places with crystals. Hold them and talk to them, and you will feel their consciousness being transferred to yours, and adding their Light and wisdom to yours, so that you can better access and understand the world around you, and glow like a

beacon to your family and friends, who will feel the comfort of being near you — the comfort that you will radiate out to all in the radius of your energy field.

We spend so much time in our fields and forests, just basking in Nature's healing caresses, and feeling her lifestream pulsing through our veins. You, too, can feel this same pulsing of life, by spending more of your time outdoors. Now that it's Spring, you can sit and eat outdoors, as we do, instead of in your enclosed homes. This is the best relaxation there is and the best way to connect with Nature that there is — by being with her and not separated from her.

The Crystals, the Earth, and all lifeforms are One Consciousness. When you can understand and integrate this concept of Oneness, your life will gain a new flow, and synchronicity will be a common occurrence, as you will operate on a higher wavelength that re-connects you with all life everywhere; thereby allowing you to access all the avenues that will lead you to the fulfillment of your dreams on Earth.

I am Mikos, always dreaming of the day when we shall finally meet again, and embrace one another as friends from long ago. Know that I am always alert to your calls, and can guide you from my home underground, by your melding with my consciousness. This way, you will have double the help to guide you in your life. In fact, if you consciously stay within our frequency band, you will always find yourself exactly where you need to be, doing exactly what you need to do to accomplish your soul's purpose on Earth.

The Cetaceans communicate with each other no matter where they are in Earth's oceans, by staying in the frequency flow of "All That Is". It is the way the trees and animals and all of nature communicate. The first step is to be conscious of this interconnection of all life, and then you will find it flowing within

you, with no "work" on your part. This is the key to the Universe, and it is within you. *I am Mikos,* and I bid you adieu. May your day be pleasant and beauteous, and your week filled with cheer.

Earthquakes Within Your Souls

There are so many Catharians gathered around me, *Mikos,* as I dictate this message to you. We are out on the grounds that surround the great Library of Porthologos. We are sitting on grass that is as soft as a cushion, breathing in the fragrant, oxygen-filled air that keeps us eternally young and vibrant. This pure air is "nectar" to our lungs, and keeps our bodies free from disease.

The oxygen on the surface has reached such low levels that you are being oxygen starved, which opens the way for pathogens to invade your body. We, here in the Hollow Earth, breathe clean, pure air, and drink the purest of water, which is still as pure as the day Earth was created.

We are so fortunate to be living in this haven under the ground. We sit here, propped up comfortably on our pillows and stools, just breathing in the air and smelling the scents of the enormous flowers blooming all around us. This is a wonderland of beauty, and this beauty is reflected in our souls.

Our bodies respond to our environment, and outpicture what surrounds us. And what surrounds us is magnificent to behold. We are surrounded by trees and flowers that emanate strength and health, and we in turn feel this strength and health, and our bodies conform to this picture. So our bodies mirror our surroundings. They mirror the perfection of our environment. We, in turn, mirror perfection back — thus completing the cycle of perfection that is never ending. Because of this perfect cycle, our bodies can remain in a perpetual state of perfection, never sickening, nor aging, nor dying. It is a closed cycle of perfection.

It is noon here now, and we bask in the full spectrum light of our Inner Central Sun, as it hangs in our "sky". Our sky is the very center of the Hollow Globe, and our sun doesn't move, as your sun appears to. Ours just hangs there, "dead center", held by the forces of gravity pulling around its circumference so that it is perfectly balanced and remains in place.

The inside of the Earth is concave, and spirals up and across and around us. So our picture of "heaven" is from a different perspective or angle than yours. You look straight "up", and we look "around" us. So today, as always, the sun is shining down upon our gathering here on the Library Grounds.

Our work here in the Library is not work as you term it, but joy to our hearts. We do what we love, and we do it in leisure. We have no time clocks to punch, and no time clocks to tell us when to stop. We each know what we want to accomplish each day, and we stay as long as we want or until we complete our work. However, we don't set long hours the way you do on the surface. Our work day is short compared to yours. In terms of hours, our work day is less than half the hours of your work day. So should we want to work "overtime", we have the flexibility of doing so without it infringing on the other areas of our lives. And our lives remain always balanced, because our schedules allow us the time to do so many other things each and every day, above and beyond the hours we spend on our "jobs".

We live perfectly balanced lives of ease and comfort, and have created everything we need to develop our talents, expand our minds, and strengthen our bodies. We have music and dance conservatories and theatres everywhere. We are always dancing and singing together, fine tuning our talents and evolving them to do more and more creative things.

Our lives are filled with creativity, and we delight in what

we create. For what we create is shared with all, so that we all benefit from each other's talents and abilities. We all teach each other and we all learn from each other. We thrive on cooperation, we thrive on sharing, we thrive on giving as much as we can to each other, which means that we end up having all that we've all created. So our gifts are multiplied — our blessings are multiplied — and we reap the abundance of our civilization underground. Nothing is hoarded or "owned", as you do on the surface, for it's not necessary, nor even logical, when you understand that we are all a part of the Earth, and therefore everything belongs to everyone, and yet nothing is owned by anyone, because everything is free for everyone to use.

Sharing is the key — not owning. Just change your words and you will change your ways. And changing the way you do things will change your lives — and will bring them back into balance, so that you, too, will have the leisure to develop your creativity and talents and explore the Earth, rather than devour her. For once you explore the intricacies and beauty and magic of Nature, you cannot abhor and destroy her, you can only emulate and love her, and know beyond a doubt that she is you, and you are her. ***For whatever you destroy outside yourself, you destroy within yourself.*** For Nature outpictures you, as much as you outpicture Nature.

Just look around you at the devastation of Earth's forests and oceans, and it will show you the parts of yourself that you are destroying inside your very own bodies. The Earthquakes that are becoming so prevalent on the surface are now surfacing within your very own emotional and physical bodies.

Everything you do to the Earth, you do to yourself. Remember, there is only One consciousness. You and We are part of the One consciousness. As you destroy a part of the One, the other parts are affected.

You are not separate from the Earth. You are the Earth; you just don't know it yet. But as you wake up from your deep slumber of millions of Earth years, you will remember the connectiveness of all life, and how the health of one is connected to the health of all. Surface humans cannot survive if they destroy their surroundings and wage wars on their own species, just because they live on different parts of the planet.

We, here in Porthologos, are so grateful to each blade of grass, to each petal on a flower, to each leaf on a tree. For the harmony we feel is the same harmony that the flowers and trees feel, and which enables us to grow in stature and accounts for the enormity in size of our trees, which tower above the ground like your skyscrapers, because nothing is holding them back. They and we are free to grow in size, free to expand ourselves, because everything is in a state of expansion, not contraction as you witness and experience on the surface.

When you are "open" to life, you can only expand. When you are in struggle and lack and fear, you can only close down and diminish your stature, for fear of being seen or fear of standing out among others. You squelch your power, squelch your intuition, squelch your feelings, trying to fit into the mold of the lowest common denominator of the people around you. This stunts not only your physical growth, but your soul growth as well. When you open to the fact that you and the Universe are One, you will awaken to all that you are and begin to expand your horizons and literally grow in size — height and width.

Your mind and body are connected. If you think small, you grow small. If you think life only exists on Earth's surface and nowhere else, then you've shortened yourself, which shortens your physical height, just as your thoughts have shortened your vision. Expand your thoughts, and you expand your world; expand

your world, and your body responds in spurts of growth and renewal.

If you only knew all that you are, you would be living like Kings and Queens, in palaces of gold, not on dirty, littered city streets. You've dethroned yourself, and you don't even know it.

Wake Up, Surface Dwellers! For if you don't, the Earthquakes within your souls will blast you back into consciousness of who you are — and that might mean the devastation of your current living conditions being turned to rubble. Although it's hard work to dig yourself out of an earthquake, once you're free of its rubble and you see that everything you "owned" is gone, you will awaken with the shock and realize that all you have is yourself. Suddenly, from within the depths of your Being, you find the strength and wisdom that was buried inside you. Earthquakes clear density, so sight is restored and vision returned, enabling you to see and be all that you truly are.

Our vision has always been clear, since density does not cloud our vision underground. We see clear and far, because nothing obstructs our vision. We can see out among the Stars, even though we're under the ground, because nothing impedes our sight.

When you clear yourselves of all belief systems and negative thoughts and negative feelings, you too will feel the clarity and harmony within yourselves, and will be able to see all that has been kept from you by your governments. You will be able to "see through" all their deceit, and the truth about life on other planets and life within the Earth will shine through your eyes and be fully exposed to all.

We are still sitting here beneath our sun as I bring this dictation to its end. We thank you for taking our message. ***I am Mikos.***

24. Photon Belt and Fifth Dimension Portal

Message from Adama received by Aurelia Louise Jones in February 1999.

Many of you have various conceptions of the Photon Belt. Some of your imaginings represent a facet of the truth, and others are not even close. Allow me at this time to give you another facet of it, and please remember that it is only another facet, as there are many more. The Photon Belt is a subject that could fill several volumes. At this time, I want to discuss with you one facet that is highly important for all of you personally.

There is much speculation on the surface as to what the Photon Belt is, and when the Earth did enter, or will enter, this vortex. Know that ***the Earth officially entered the Photon Belt in May 1998,*** during the full moon in Taurus.

The Photon Belt is composed of 12 gigantic vortices of intense bands of light. Each vortex will perform its own specific action on Earth; and in our solar system, the whole process is very closely monitored to work in harmony and balance. It is a very safe process, and there is nothing to fear. One could say

that ***the light of the Photon Belt possesses the highly refined frequencies and qualities of the Ascension Flame, along with many other attributes.***

This does not mean that the Earth did not experience its influence prior to May 1998. It did for many years. Waves of light from the Photon Belt were released on Earth at various intervals each year, for many years past, particularly at the time of the Equinox and Solstice. Each year, the light was released in a greater and greater intensity and frequency. You needed to be acclimatized, dear ones, for the greater light that is to come. Nevertheless, since May 1998, when the Earth officially entered into the first vortex, this indicated that now there is no turning back.

Within the next 12 years, the Earth will be going through each one of the 12 vortices from the bands of light with the intensity that is required for Her purification, and in preparation for Her ascension process into the fifth dimension. This is where you are heading also, if you so choose.

Since May 1998, the various frequencies and intensity of the light from the Photon Belt are no longer released at intervals. They are now bombarding the Earth much more intensively and constantly. We are expected to stay in the first vortex for approximately 18 to 24 months, or perhaps a little less. There are a lot of adjustments to be made in this vortex before we can move to the next one. All of humanity, in one form or another, is feeling the effects of the deep cleansing these new energies are carrying. Every person on Earth is going to have to do whatever it takes to adjust his or her consciousness and make the necessary changes within themselves to be able to move with, and be transformed by, this great light.

I am repeating it again: ***there is no turning back at this point. You are going to have to decide for yourself, now, if you***

want to ride the Ascension wave with the planet, and be transformed into the new species of humans that will emerge from this transformation. In doing so, you must choose whether or not you will gain your immortality and ascend into the consciousness of the New Earth on the fifth dimensional level, or be crushed by the wave of changes by staying on the third dimension for another round of incarnations. The choice is entirely yours. The opportunity is for all.

Those who resist the light, and the many changes it will bring, will not be able to make it through the 12 vortices physically. We know that many will choose at soul level, and/or at the conscious level, to leave or vacate their physical bodies rather than let go of their fears, preconceived ideologies, and personal agendas that are not serving their greatest good, and the greatest good of all. They will choose this, rather than lovingly allow themselves to go through the necessary steps of this transformation. There are also those who would be ready to come along for the ride, but because of their age, will be choosing to make the transformation from the "other side" of the veil. For those precious ones, this option is totally acceptable, and we ask you not to express sorrow for those loved ones. Allow them that choice by your willingness to let them go in peace. Honor their decision. They will get "there" at the same time as you do, and you will meet them again.

Many of you are already feeling and noticing in your physical and your emotional bodies the effects that are taking place at the cellular and genetic levels. Many of you are experiencing new, unpleasant physical symptoms you never had before, such as: headaches, heart pains, palpitations, chronic fatigue, dizziness, nausea, changing sleep patterns, ringing in the ears, blurring of the vision, and many more. You are also noticing changes in your emotional state. Your bodies are evolving and cleansing

themselves. All outmoded, worn-out, negative emotions and ways of thinking and perceiving things are coming to the surface to be examined, purified, and transformed. Many of you are emotionally confused, and many of you feel you are "sick". I tell you, this is only temporary. Just hang in there and remain in the frequency of "love" for yourself and others. It will pass.

NOW is the time for you to let go of ALL your fears and negative patterns, because you simply cannot take them with you. Where we are going, dear ones, there will be only love. There will be no room for fears or negativity of any kind. What will you do at the entrance of the portal of the fifth dimension if you still have your baggage of fears and negativity with you? The vibrations of fear and other negative patterns simply cannot be admitted into the fifth dimension. Will you choose to stay behind on the third dimensional level for another round of incarnations, just because you have held onto them? Do you want to carry them with you all the way through the 12 vortices to the portal, only to be told that your baggage of negativity cannot come along with you? Or do you want to start working on getting rid of it now, and freeing yourself from this limiting burden while there is still a bit of time left?

The transformation of the human race on Earth was begun very gently about 30 years ago. It intensified around 1987, then more again around 1994. Since Wesak in 1998, these energies have been creating a greater intensity of mutation in the four body systems of all humanity. This Great Cosmic Light of the Photon Belt is now upon all of us. Want it or not, none can avoid it. According to your free-will choices, you can use it for your Spiritual expansion, physical transformation, and resurrection, and go along with our precious Mother Earth's Ascension. The Earth and humanity are ascending together "as one big family".

We in Telos will also be ascending with the planet. We cannot promise that the process will be totally comfortable all the way for everyone. For each one, there will be many adjustments to be made. You will be transformed into the new species of Immortal, unlimited humans that will inhabit the New Earth — a place of Divine Love, Unlimited Abundance, Beauty, and Eternal Peace. The New Earth will soon manifest a glory and perfection beyond your wildest dreams. The Earth Mother is already engaged in this process. You are either coming along or staying behind. You simply cannot, at this time, choose to stay in between. Sure, you may choose to come a few incarnations later, and you will all get there, eventually. I am talking about coming now, not in a few hundred or a few thousand years from now, but at the end of this present Earth cycle, which is finishing around 2012! What is your choice?

Most people would say they want to come now. And I say to you: are you willing to prepare and do whatever it takes to make it through this transition? It is not a totally "free ride". Although you are given, at this time, unprecedented assistance from the higher realms, you have to do your part if you choose to come along. If you select to stay behind, your choice will be honored, and you will be incarnating again in another universe — in a place that will match your level of awareness.

There is no judgment regarding your decision. God has given you "free will" on this planet, and it will not be taken from you. What are your options? The third and fourth dimensions are scheduled to eventually disappear on the Earth. If you choose to stay in the illusion of the so-called "familiar zone" of the old paradigm of the third dimension, you will not immortalize your body. This means that sooner or later, you will vacate your body, and incarnate again on another third dimension planet similar to this one. There you will continue to enjoy your fears, your

violence, your control, your wars, your manipulations, your limitations, your addictions, and all the negativity you are not wanting to give up now.

I am saying this to you because of my love for you, and the great love that God has for you. I am not trying to scare you in any way. I am trying to reason with you in the hope of helping you awaken from your lethargy, your spiritual slumber, and to awaken you to the illusions of your old outmoded momentum. For all those reading this message, know that it is the desire of the Spiritual Hierarchy of this planet for all to be able to make an "informed" choice. We are hoping with all our heart that you will choose to come along, because we are one big family, and everyone is loved very dearly.

Dear ones, ***you have heard of the "Place Prepared" that your Scriptures talk about. Well, this very special place is no other than the fifth dimensional consciousness.*** The deep concern we have at this time, so close to the millennium, is that we are still witnessing too many of the precious people on Earth, who could easily make it to the portal of the fifth dimension and be accepted, still living their lives on an "automatic pilot" type of consciousness. This is a consciousness of not wanting to take responsibility for creating their future reality, not wanting to hear about any changes, or not wanting to face taking a serious look at their lives to see where they are headed. I cannot emphasize enough the importance of my next few words.

The time to live on "automatic pilot" is over. Humanity has lived this way for thousands upon thousands of years, and it has caused you all untold sufferings, sorrows, poverty, sickness, and all the social and economic problems that have been plaguing humanity for those thousands of years. The time of your deliverance is upon you now. You, as a soul evolving on Earth,

can be "liberated" only if you consciously choose to do so. It will not happen by continuing to live on an "automatic pilot" consciousness. It will happen for you only if you embrace, now, the Christ Consciousness, and start thinking and acting with your Christ mind and Christ love. No matter how much help you are getting from above, no one can do it all for you. You will have to allow the desire to be ignited within your heart in order to evolve your consciousness to the level of where you want to go.

My brothers and sisters of Telos are joining me in sending each one of you our love, our friendship, and our support. We are conscious of the difficulties you are facing, and we are also aware of the wonderful progress so many of you are making. Know that you are making a difference. We send you our Light and Love. *I am Adama.*

El Morya, through Aurelia Louise Jones

(El Morya is the ascended master who is currently the Chohan of the First Ray of power and divine will.)

Greetings, Beloved Ones, on the eve of your last Valentine's Day in this millennium. From our abode within Mt. Shasta, Adama and myself, *El Morya,* wish to bring you a message of love. Our message is also another wake-up call, dear ones, since time is getting very short.

In his last message, Adama mentioned a certain state of consciousness or attitude in so many precious souls on Earth who allow themselves to live their lives on "automatic pilot". This is a state of spiritual slumber, where their personalities are not wanting to consciously create their future reality and live their lives with "determined intentions" by following the nudging of their souls.

Because we love you so very much, it is our great desire to

greet all of you at the portal of the fifth dimension around the year 2012. As we open wide the portal for your entrance and lay the golden carpet for your coming, it will be our delight to bid you welcome to the realms of Light and Love. What a wondrous and joyous day this will be for us and for those of humanity who will make it to this door! What a happy reunion it will be for all! A great reception and celebration is being prepared. There will be the shedding of many tears on that great day; but this time, dear ones, they will be tears of pure joy and ecstasy. The valley of tears will be transcended forever.

Can you imagine, by just thinking for a moment, the joy you will experience when you meet once again, consciously, in your immortalized body, face to face with your loved ones who have departed from Earth during your lifetime? There will be those whom you have loved dearly in your present life, and also those whom you may not remember at this time, but who are souls you have also been close to and loved just as dearly in past lives. They are souls that you have known for millennia, such as your eternal friends and other members of your soul family who love you so profoundly.

As we transmit this information, we already feel the joy and excitement this wondrous day will bring. Your loved ones are waiting to embrace you, once again, with much expectation. They will all be there near the door, robed in garments of Light and Glory, waiting to receive you in their arms as you enter in. Loved ones are also present here with us now, watching and sending their love, and very much looking forward to the day of the Great Reunion.

It will be so wondrous that the whole cosmos will be watching. I repeat myself again: it is the greatest desire of the Spiritual Hierarchy of this planet and your Father/Mother God, to see all

of you make it to this Sacred Portal, as you qualify for its entry.

Beloved ones, out of our great love for you, We of the Spiritual Hierarchy wish to remind you once again that there is a "code of entry" that is required for entrance into the fifth dimension. There may be a lot of jokes in your world about "Peter" standing at the gate of heaven, and deciding who will or will not be allowed entrance into the Kingdom. Well, my friends, this joke on Earth is not so much of a joke where we stand. There is more truth to this than any of you may conceive. I say this because where there is a gate or a portal, one must qualify for admission. I, *El Morya,* Chohan and the guardian of the First Ray of the Will of God for the people of Earth, am also the guardian of that portal.

The Will of God, dear ones, is the first portal one must enter in order to progress in the right direction on the Spiritual Path. Unless you are willing to surrender your human ego and human personalities to the Will of God, to be refined and transformed into the Divine, there is nowhere else for you to go on a true Spiritual Path. This is the first portal, and there are six others that you must qualify for before you can reach the door of the fifth dimension, for your personal and planetary Ascension.

To make it through this first portal, you have to take my classes at night on the Inner Planes, while your body sleeps, or take classes from my co-workers of the Will of God, who have volunteered to assist me at this time. You have to pass my tests in your waking time, before you can move on to the next portal. Many of you reading this message have already moved through this first portal in this life or in the past. Some of you have made it through other portals as well. We deplore the fact that there is still such a large percentage of humans who are living their lives on "automatic pilot". They have no idea where they are going,

or why they are here incarnated on Earth. Nor do they want to hear about it. They live their life from day to day, with no conscious direction, and their minds and hearts scattered to the four winds, following a path of least resistance and Spiritual slumber.

On the threshold of such a magnificent occurrence, an event for which humanity has been waiting and longing for hundreds of thousands of years, there are still so many precious souls who have never yet presented themselves for counsel at the entrance of the portal of which I am in charge. I, and co-worker Adama, the High Priest of Telos, are joining together to see if we can give you one more "wake up" call. Time is getting so short now. If you have not yet made it to the portal of the "Will of God", we want to let you know that it is still possible for you to catch up and make it through all the other portals "on time", if you choose, now, to do so.

You have no more time to waste. You must wake-up now, and start very diligently applying Spiritual laws in all aspects of your life; living by the concepts of love in all aspects of your being, and letting go of all your fears and preconceived ideas about God. You must be willing to embrace Truth — the truth you are consciously avoiding accepting. Become the God that you are, right now, by becoming love-in-action in all you think, say, and do. ***Love is the only shortcut you can take in your Ascension process, and is the greatest key.***

This love of which I speak is love of Self, love of God, and love for all the relations of Earth and all kingdoms of Earth — including the animal kingdom. Love and honor all that breathe the Life of the Creator. Love, unconditionally, without any judgment. Let go of your opinions. Let go of duality, and embrace the way of harmlessness. With enough love in your heart, you can make it through all the portals to the Ascension door — on time. Be

assured it will not happen for those who continue to live their lives on "automatic pilot".

All who make it to the Ascension door will have to pass the required tests of the seven initiations in order to possess the codes of entry to qualify for planetary Ascension. Each one of these seven initiations has seven levels of testing. It used to take several lifetimes, and centuries of diligent application of the Spiritual laws, to be able to make it through a few or all of these initiations. At this very unique time in Earth history, there is an unprecedented dispensation by which each soul, with serious and diligent application, can make it in a few years. I, *El Morya,* shall be there, as the "Peter" that you are familiar with, along with the rest of the Spiritual Hierarchy of this planet and your loved ones, to welcome every one of you "Back Home". I am your Eternal Friend, *El Morya.*

Adama, through Aurelia Louise Jones

We in Telos live in the consciousness of the Ascended state of the fifth dimension, even though we live in third dimensional bodies like you. Our DNA is more evolved than yours has been in the last few thousand years, and we live in a frequency that is much higher than yours. This frequency is the frequency of Love. Because we live such long lives, a very high percentage of the people in Telos have gone through the Ascension process at a soul level, and have chosen to remain in physical bodies that portray the highest expressions of a third dimensional life.

We do not have the same physical limitations with which you live. Our bodies are strong and healthy, and we do not know disease. Most of us can teleport anywhere we want at will, and manifest whatever we want, whenever we want it. We also have conscious access to the Universal Mind, a gift that has long been lost on the surface of this planet. Actually, we live the kind of

physical reality you are all dreaming about and longing to experience.

We are looking forward to the day that we can come out and teach you our way of life so that you also can live a life of wonders, love, peace, and prosperity as we do. We are yearning to share with you all our little secrets that will make life so wondrous, and so much easier for you! We ask you to be open to receive us.

I, *Adama,* have been working very closely with El Morya on the Inner Planes at this time, teaching classes at night to the souls who are desirous of having a better understanding of the Will of God, and wishing to come along through the seven portals leading to the Ascension door of the fifth dimension. There are more and more souls coming to the Ashram of the Will of God at night in Mt. Shasta to attend our classes. Because of this great influx of souls, I, and several other Masters, have offered to assist our dear friend, El Morya, in this tutoring.

Because El Morya's classes are getting so big, we are helping Him by holding many of the classes in Telos. It is my pleasure to invite you personally to come to our classes at night while your body sleeps. If you are willing and ready, you may take our specially designed crash course called ***"Ascension by 2012"***.

There are many of us here who are available and willing to give you all the assistance you will need. There are enough of us to give private tutoring for those desiring it. It is all done out of love, and there is no fee for our services. All you have to do to go to our classes is to make a prayer request to your Guardian Angel at night before falling asleep. State your intent, and request for your soul to be taken to our classes, and your guardian angel will bring you here on the "Inner Planes". We will not turn away anyone who is knocking at our door, "seeking".

There are also many books that would be helpful for you to get acquainted with in your dimensional plane. In fact, many of these books contain much of the information you are getting from the Inner Planes at night. By getting the information consciously on the physical plane, you will speed up your understanding and progress.

The sooner you "remember" your true identity in God, and apply yourself consciously and diligently to "be" the God that you already are, the sooner you will have your "Immortal Freedom". Love, love, and love. ***When you are "in love", and generate enough love around you and within you to dissolve all the negativity of your creation, you, too, will be an Ascended Being.*** We in Telos are holding our hands out to you, offering our assistance. Will you take our hands, and allow us to lead and guide you? From love we come, from love we live, and from love we Ascend. We are all One — you and us, your Telosian brothers and sisters. Namasté.

(End of messages received by Aurelia Louise Jones, February 1999)

We Have Entered the Photon Belt

We come to you today to bear a message of great import; a message that you've all been waiting for. We have begun Earth's Ascension and her entry into the Photon Belt. This is the time we've all been waiting for. For soon the Earth will be lit up in the Glory of the Father's Light, and we shall all be, once again, in our Father's arms, ready to begin the next step in our evolutionary journey through Eternity.

Know that all the plans are ready for activation. Know that we, here in the Subterranean Cities and in the Hollow Earth, are all prepared for this great passage into the Sun of God's Light. All of us here in Telos await this great day. For this will be the

time when, at last, we can emerge from our homes beneath your surface, and greet you above ground as equals in the Light.

You are all, as Lightworkers, meeting together with us on the Inner Planes at night, where we formulate our plans for Earth's entry into the Stars of Light. We the Hierarchy, and you the Lightworkers, meet nightly on the Inner Planes, where we see ALL, know ALL, and are ALL. Your brothers and sisters, the Cetaceans, also meet nightly with us, as all consciousness is fully aware of Earth's plans for evolvement on one level of consciousness or another.

Great days of joy and beauty are in store for us, as we rise in the consciousness of God's Love for the Earth. For God truly loves ALL. We are all God's children, and God only wants us to feel great joy and happiness on our trek through the Stars.

25. Reunion

Further update of Ascension plans

Adama is here to bring you a further update of the Ascension plans for planet Earth. Know that your brothers and sisters of Light from other galaxies and star systems are here in great numbers monitoring your Earth. They are in readiness to put into effect the plans necessary for the Ascension of planet Earth and all her inhabitants. However, to be effective, we must wait for the Directives from The Father, the ONE CREATOR of all, to give us the command to begin implementing our part of the plan, to coincide with the Divine part of the Ascension plan.

There are many factors involved here, one of which, primarily, is the state of the mass consciousness prevalent on Earth. The mass consciousness must be in a receptive mode concurrent with the Ascension waves in order to be lifted en masse. Your frequency or wave length must be vibrating on a certain wave band in order to hook onto the Ascension waves. This is why we don't want to begin prematurely; exact conditions and exact time are necessary. We know the waiting seems interminable, but we assure you of its importance in carrying out the Divine Plan in perfection.

So far, we are seeing your surface become brighter and brighter, with God's Light flooding the continents. ***In your oceans, the Cetaceans are doing their part. They are in full consciousness and are beaming their love and light to the shores of your cities and countries.*** They, too, are involved in this great ascension plan and they have dedicated themselves to you. They have dedicated themselves to Mother Earth and to her full ascension.

We, beneath your surface, have also dedicated ourselves to seeing through the full ascension of all. We are in readiness, and very eager to begin our journey to the surface, where we will be working alongside all the Lightworkers when the time is right for our emergence. Until we receive our directives from the Galactic Command, we will remain in readiness, just as you on the surface are in readiness to begin your great journey to the Stars.

Continue to pour unconditional love from your hearts to all you come in contact with. This is the key to the success of the ascension. While you patiently wait, LOVE ALL UNCONDITIONALLY, and this Love will further hasten your reuniting with all who wait for you in the Higher Realms.

YOU ARE ALL LIGHT
AS WE ARE ALL LIGHT
AND SOON OUR TWO LIGHTS
WILL MERGE INTO ONE
GREAT LIGHT OF
PLANETARY ASCENSION

THANK YOU FOR TRAVELING
WITH US UNDERGROUND

Adama

Part Eight
Additional Resources

What is the Purpose of Life?
"The Purpose of Life is to Grow in
Knowledge of the ONE Creator."

What is the Essence of Life?
"The Essence of Life is to know
the Creator as Yourself."

What is Life?
"Life is the Supreme Joy and Delight
of experiencing ALL THAT IS."

Sananda

Books, Videos, and Internet Links for Further Research

If you have Internet access, start with onelight.com, "The Premier Online Magazine of Inner Earth Resources". Among the wealth of information there are several books which you can read online, including ***At the Earth's Core,*** by Edgar Rice Burroughs, (onelight.com/hollow/books/earthscore.htm).

Another Internet site with a lot of information is ourhollowearth.com, where you can read ***THE SMOKY GOD, or A Voyage to the Inner Worlds,*** by Willis George Emerson (ourhollowearth.com/SmokyGod.htm), "A rare, century old, but TRUE book, that tells of a fantastic journey inside the Earth, where the author actually lived with giants who once resided on the Lost Continent of Atlantis."

Then there's ***Agartha - Secrets of the Subterranean Cities,*** written by a former Telos resident, Princess Sharula Dux, which you can read online at spiritweb.org/Spirit/agartha.html (see also spiritweb.org/Spirit/hollow-earth.html for additional information).

At healthresearchbooks.com/categories/hollowearth.htm (phone 888-844-2386 or 509-843-2385, ask for their catalog) you will find a large selection of Hollow Earth books for sale, including ***A Guide to the Inner Earth,*** by Bruce Walton (1983, ISBN 0-7873-0930-3). This book is a huge list of the great number of manuscripts published on the Inner Earth.

Adventures Unlimited Press (phone 815-253-6390, www.wexclub.com/aup) has a catalog of books about the Hollow Earth, Lost Cities, Atlantis, Anti-Gravity, Tesla Technology, Unexplained Phenomena, UFO's, Extraterrestrials, Ancient Sciences, Free Energy, and more..., including ***Lost Continents and the Hollow Earth*** *(I remember Lemuria* and *The Shaver Mystery),* by

David Hatcher Childress & Richard Shaver, ***Lost Cities of Ancient Lemuria & the Pacific,*** by David Hatcher Childress, and ***Ancient Civilizations From Atlantis to Mu*** (video), by David Hatcher Childress.

For more Hollow Earth videos, check out the selections at weirdvideos.com/hollow.html (phone 661-245-3847).

The Missing Diary of Admiral Byrd: "Admiral Byrd's lost secret diary that details his flight to beyond the poles into an actual opening that leads inside the Earth where he met masterful beings who keep track of our civilization." Available from Inner Light Publishing/Global Communications (Box 753, New Brunswick, NJ 08903, phone 732-602-3407). They also carry ***Subterranean Worlds Inside Earth,*** by Timothy Green Beckley.

Hollow Planets, by Jan Lamprecht, (1999, ISBN: 0-620-21963-7, phone 800-699-6395 or 785-539-3731, hollowplanets.com) is a well-researched scientific feasibility study of the Hollow Earth Theory.

The Hollow Earth Insider Research Report, by Dennis Crenshaw, (Box 918, Yulee, FL 32097, email: CrenshawDG@aol.com) is a newsletter on every Hollow Earth conspiracy imaginable.

The Source Edition, Volume I, Issues 1980-1983, "Descriptions of the Inner Earth via astral projection and from the Recording Crystals of Earth" is available from Arcana Lapis ~ Temple of Thoth (phone 719-256-4057, temple-of-thoth.org).

And finally, if you are traveling to Mt. Shasta you may wish to visit these bookstores where many Inner Earth books are available:

Crystal Wings (530-926-3041, crystalwings.com)
Golden Bough Books (530-926-3228, goldenboughbooks.com)
Village Books (530-926-1678, villagebooks-mtshasta.com)

The Call Goes Out: Messages from the Earth's Cetaceans

Interspecies Communication

by Dianne Robbins

- A series of messages channeled from the cetacean species — whales and dolphins.
- Graphically spells out why they are here on Earth, how they work with the Confederation of Planets, and how we interfere with their mission.
- Readers will have their eyes opened to the rich family and cultural life of another intelligent species on this planet.
- Contains messages from Keiko, Star of the *Free Willy* movies.

Dianne has been a telepathic channel for The Cetaceans in previous incarnations, and channels the ONE GROUP MIND of the Cetaceans. Since early on, she has been connected to the Cetaceans, and was an active member of Green Peace in the seventies. At that time, however, she didn't realize that she could hear them speaking to her.

In a personal message to Dianne, they expressed the following: "We are the Cetaceans, awake also at this early Earth hour, floating along with the currents and sending our love to all on Earth in their sleep state. We breathe the clean air as it comes in off the shore, where humanity hasn't yet polluted it with exhaust fumes from their automobiles and factories. These early hours are the sweetest and the cleanest time to breathe deeply, for the vigor of God deeply permeates the air at these early hours. Keep you heart space open to our transmissions; for although our species differ in form, in consciousness we are one.

"We are here in our full consciousness, waiting patiently for Earth's children to bloom into the Caretakers you were meant to be. Your DNA was tampered with by past civilizations and by

renegades from Outer Space. This has slowed down your evolution to the point where up to now you were barely crawling. With the huge input of energy being directed to your Earth within the last few years, your evolution is again picking up speed, and you will soon blast off into full consciousness, and will at last be with us in the higher dimensions."

This work of attunement is also a call for help. Help required for the waste that is dumped into the oceans. For the melting of the polar caps due to air pollution and destruction of the Rain Forests. And for our need to listen to the Earth and hear her messages. Indeed, the reader will find the insightful words of Keiko, Star of the *Free Willy* movies; Corky, an Orca Whale incarcerated in Sea World, San Diego, California; and Lolita, an Orca Whale, imprisoned in the Sea Aquarium in Miami, Florida, among others.

"LAILEL, Dianne Robbins, has brought us a masterpiece of compassion that should be required reading for all who care about our planet and our future." Richard Fuller, Metaphysical Reviews; (616) 532-7299 www.metarev.com

6"x 9" Quality Paperback, 152 pages, ISBN 1-880666-64-2

The Call Goes Out: Messages from the Earth's Cetaceans can be purchased from your favorite retailer or from:

Dianne Robbins
P. O. Box 10945, Rochester, NY 14610, USA

Phone: 716-442-4437 Fax: 716-244-9060

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James Gilliland, Self-Mastery Earth Institute

The Self-Mastery Earth Institute is dedicated to Self-Awareness, Self-Empowerment, and the awakening and healing of humanity and the Earth. For a copy of the monthly magazine, Light Wave, or for further information contact:

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James Gilliland is the author of:

Becoming Gods; A Reunion with Source and

Becoming Gods II; Interdimensional Mind, Earth Changes and The Quickening, UFOs, Their Origins and Intentions

Both by Cazekiel as received by James Gilliland